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CHAPTER 01
Intelligence and Ability

MULTIPLE CHOICE QUESTION

1. Ananya recently moved to a new city where the local transport system is highly disorganised. Instead of getting frustrated, she quickly figures out alternative carpooling routes and even negotiates better rates with local drivers to suit her daily commute.
Identify the dimension of intellectual functioning she is primarily displaying.
(a) The capacity to think conceptually and abstractly.
(b) The capability to process novel and unfamiliar information.
(c) The potential to evaluate and analyse problems critically.
(d) The ability to adapt to and shape the environment.

Ans :

(d) The ability to adapt to and shape the environment.
Ananya is demonstrating contextual or practical intelligence, which involves adapting to, shaping, or selecting environments to solve daily life problems. Instead of relying on analytical skills alone, she modifies her surroundings to suit her needs, a key feature of this cognitive dimension that helps individuals deal with real-world changes.

2. Rajat is an interior designer who can easily mentally manipulate the layout of a room and accurately imagine how different pieces of furniture will look from various angles before they are even placed.
Which specific cognitive capacity is predominantly responsible for Rajat's professional skills?
(a) The ability to think of images and pictures abstractly.
(b) The capacity to handle physical objects with fine skill.
(c) The sensitivity to the meaning and rhythm of sounds.
(d) The potential to solve complex and numerical problems.

Ans :

(a) The ability to think of images and pictures abstractly.
Rajat exhibits high spatial-visual intelligence. This specific cognitive capacity allows individuals to think in terms of images and pictures, and to visualise objects accurately and abstractly. It is a crucial skill for professions that require mental manipulation of physical spaces, such as interior designers, architects, sculptors, and sailors.

3. During an escape room game, Kabir is faced with a completely unfamiliar puzzle involving strange mechanical gears and foreign symbols. He has no prior knowledge or education regarding these mechanics, yet he successfully identifies the underlying pattern to unlock the door.
What type of intellectual ability did Kabir utilise to solve this puzzle?
(a) The accumulated knowledge acquired from previous lifetime experiences.
(b) The specific mental ability required for mathematical calculations.
(c) The largely inherited capacity used for reasoning in strange situations.
(d) The intellectual potential to monitor and regulate emotional states.

Ans :

(c) The largely inherited capacity used for reasoning in strange situations.
Kabir used fluid intelligence, which refers to our largely inherited abilities to think and reason in novel or strange situations. It determines information processing capabilities and is independent of education or cultural learning. This ability allows individuals to adapt, identify associations, and solve problems they have never encountered before.

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4. Meera, a seven-year-old student, finishes her class assignments much faster than her peers and often complains of boredom. To address her needs without removing her from her current peer group, her teacher assigns her an advanced project on space exploration and grants her extra library access.
Which educational measure is the teacher implementing?
(a) Enrichment
(b) Acceleration
(c) Segregation
(d) Selection

Ans :

(a) Enrichment
The teacher is using enrichment to cater to Meera's exceptional abilities. Enrichment involves initiating special training and advanced academic programs, such as project work or increased library access, without changing the child's grade level. This prevents boredom and satisfies the child's need for continuous activity and intellectual stimulation.

5. Tarun is applying for a job at a watch manufacturing company that requires employees to rapidly and accurately assemble microscopic gears and tiny screws using their hands.
Which specific component of his natural potential must the employer assess to ensure he is suitable for this role?
(a) Motor Coordination
(b) Finger Dexterity
(c) Manual Dexterity
(d) Form Perception

Ans :

(b) Finger Dexterity
The employer needs to assess Tarun's finger dexterity. This specific aptitude refers to the ability to manipulate small objects quickly and accurately using the fingers, which is essential for assembling tiny watch gears. It differs from manual dexterity, which instead involves larger, gross movements of the entire hand.

6. An individual possesses an intellectual capacity where they are generally unable to master the basic skills of reading and writing. They appear clumsy in their movements, do not have proper motor coordination, but can be trained to do manual labour under constant supervision.
Identify the functional classification of this individual.
(a) Mildly retarded
(b) Moderately retarded
(c) Severely retarded
(d) Profoundly retarded

Ans :

(b) Moderately retarded
The individual falls under the moderately retarded classification. According to standard characteristics, moderately retarded individuals lack academic skills and are generally not educable, but they are trainable. They often appear clumsy, lack motor coordination, and can perform unskilled work in sheltered situations under constant supervision by others.

7. Some individuals exhibit a high capacity to notice subtle shifts in body language, facial expressions, and voice intonation. This awareness allows them to act peacefully and harmoniously while dealing with others.
Which psychological construct best explains this specific set of abilities?
(a) Emotional Intelligence
(b) Cognitive Flexibility
(c) Experiential Intelligence
(d) Abstract Reasoning

Ans :

(a) Emotional Intelligence
These abilities are key characteristics of emotional intelligence. It involves the capability to appraise and understand the emotional state of others through non-verbal cues like body language and facial expressions. Individuals high in this construct can regulate emotions effectively, leading to healthy, harmonious, and peaceful interpersonal relationships.

8. Standardised intellectual assessments often face criticism because their language, content, and scoring criteria can underrate a testee's true capabilities if they belong to a different socio-economic background.
To eliminate this bias, test developers avoid using specific items and instead rely on what type of testing format?
(a) Assessments containing predominantly verbal and numerical reasoning questions.
(b) Assessments relying heavily on culturally loaded situational information.
(c) Assessments utilising non-verbal visual puzzles and geometric matrices.

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(d) Assessments requiring the subject to define isolated vocabulary rapidly.

Ans :

(c) Assessments utilising non-verbal visual puzzles and geometric matrices.
To avoid cultural bias, developers use culture fair tests which typically rely on non-verbal visual puzzles and matrices, such as Raven's Progressive Matrices. These assessments do not require language proficiency or culturally specific knowledge, ensuring that a person's intelligence is not underrated due to their cultural or educational background.

9. In a comprehensive three-dimensional model of cognitive abilities, one of the dimensions refers exclusively to the end result that occurs when a specific mental operation is applied to a certain kind of material.
Which of the following represents the fundamental categories of this specific dimension?
(a) Cognition, memory recording, and divergent thinking.
(b) Visual, auditory, semantic, and symbolic materials.
(c) Componential, experiential, and contextual domains.
(d) Units, classes, relations, and transformations.

Ans :

(d) Units, classes, relations, and transformations.
The dimension referring to the end result in this specific intellect model is known as 'Products'. When mental operations are applied to contents, they yield six general kinds of products: units, classes, relations, systems, transformations, and implications. The other options represent operations, contents, or completely different intelligence domains.

10. An educational board wishes to critically examine the effectiveness of its newly introduced science syllabus and the instructional methods utilised by the teachers across various affiliated schools.
Which assessment tool is specifically designed to provide this evaluative information?
(a) An aptitude test battery
(b) An achievement test
(c) An interest inventory
(d) A culture fair test

Ans :

(b) An achievement test
An achievement test is the appropriate tool for this purpose. These tests measure the extent to which a person has acquired skills or knowledge after training. Education boards frequently use the results of achievement tests to critically evaluate the content of syllabi, instructional effectiveness, and the overall school administration.

11. Ananya joins a new office and finds the manual filing system highly inefficient. Instead of complaining, she immediately introduces a basic digital tracking sheet that perfectly suits her professional needs. Everyone swiftly adopts this new method, which makes the overall workplace much more productive.
Which dimension of intellectual ability is best illustrated by Ananya's actions to modify her work environment?
(a) Componential intelligence
(b) Interpersonal intelligence
(c) Contextual intelligence
(d) Experiential intelligence

Ans :

(c) Contextual intelligence
Ananya effectively modifies her existing workplace environment to perfectly suit her professional needs and assist her colleagues. This purposeful process of actively shaping the surrounding environment to work more productively is a fundamental characteristic of contextual intelligence. This intelligence dimension essentially involves adapting to, shaping, or selecting highly favorable environments.

12. Rajesh is a dedicated social worker who spends his time volunteering in rural areas. He actively demonstrates a remarkable capacity to swiftly detect and respond appropriately to the shifting moods, hidden motivations, and unspoken desires of the diverse individuals he interacts with.
Identify the specific capacity that allows Rajesh to build trust and interact so effectively with the villagers.
(a) Intrapersonal intelligence
(b) Interpersonal intelligence
(c) Existential intelligence
(d) Naturalist intelligence

Ans :

(b) Interpersonal intelligence
Rajesh actively demonstrates the remarkable capacity to swiftly detect and respond

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appropriately to the shifting moods, hidden motivations, and unspoken desires of other people. This exceptional ability to interact and connect effectively with diverse individuals forms the core characteristic of interpersonal intelligence, which is prominently evident in successful social workers.

13. Certain psychological assessments are deliberately designed to underrate items that are differentially prevalent across specific societies. These structured assessments rely entirely on abstract visual elements, purposefully ignoring any requirements for formal language proficiency or specific school-based learning experiences.
What is the primary purpose of designing these specific types of psychological assessments?
(a) To identify learning disabilities in early childhood
(b) To diagnose severe mental retardation accurately
(c) To classify intelligence devoid of cultural bias
(d) To measure the speed of numerical calculations

Ans :

(c) To classify intelligence devoid of cultural bias
The primary purpose is to systematically create culture-fair assessments, such as Raven's Progressive Matrices. By relying strictly on abstract visual elements and intentionally avoiding culturally loaded items, required language skills, or formal learning experiences, these assessments accurately classify an individual's true intelligence level entirely devoid of unfair cultural biases.

14. Mr. Sharma, a sixty-five-year-old retired professor, participates in a community debate competition. Although he takes slightly longer to process the new digital timer system, he easily wins the debate by drawing upon his expansive vocabulary and deep understanding of historical global affairs.
Which intellectual capacity is Mr. Sharma primarily utilizing to construct his winning arguments?
(a) Divergent thinking
(b) General mental ability
(c) Fluid intelligence
(d) Crystallised intelligence

Ans :

(d) Crystallised intelligence
Mr. Sharma successfully relies on his accumulated knowledge, expansive vocabulary, and deep understanding of global affairs acquired over his lifetime. This accurately reflects crystallised intelligence, which maintains its level or increases gradually as one ages. This enables older individuals to effectively utilize their gathered experiences in complex cognitive tasks like debating.

15. A school conducts two different educational assessments for its high school students. Test X exclusively evaluates how much the students have already learned in their recent science modules. Test Y evaluates their innate potential to succeed in a future advanced engineering program.
How should Test X and Test Y be scientifically classified respectively?
(a) Test X is an achievement test; Test Y is an aptitude test.
(b) Test X is a diagnostic test; Test Y is an interest inventory.
(c) Test X is an aptitude test; Test Y is an achievement test.
(d) Test X is a proficiency test; Test Y is a placement test.

Ans :

(a) Test X is an achievement test; Test Y is an aptitude test.
Test X successfully measures the specific level of expertise or knowledge the students have already acquired through prior instruction, which perfectly defines an achievement test. Conversely, Test Y measures the students' innate potential and readiness to learn or perform future activities, which represents the primary function of an aptitude test.

16. A career counselor notes that Meera loves working with numbers, organizing physical records, and following clear, structured guidelines. She distinctly excels in tasks that require high precision and a strictly methodical approach to handling massive sets of corporate data.
According to widely used occupational interest inventories, which specific personality theme does Meera prominently exhibit?
(a) Investigative
(b) Enterprising
(c) Conventional

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(d) Realistic

Ans :

(c) Conventional
Meera clearly exhibits the Conventional personality type, which is thoroughly characterised by a strong preference for data-driven, analytical, and meticulously detail-oriented tasks. Individuals scoring high on this occupational theme typically thrive in highly structured work environments where they can organize information systematically and follow clear, established guidelines with high precision.

17. During a highly stressful team meeting, a senior employee acutely notices that her colleague is clenching his fists and speaking with a strained voice. Instead of arguing back defensively, she calmly suggests a brief five-minute break to help everyone cool down.
Which aspect of intellectual capacity is the employee primarily demonstrating to manage this tense situation?
(a) Emotional intelligence
(b) Abstract reasoning
(c) Cognitive flexibility
(d) Convergent thinking

Ans :

(a) Emotional intelligence
The employee clearly demonstrates high emotional intelligence by accurately perceiving non-verbal cues, such as clenched fists and strained voice intonation, to understand her colleague's feelings. By staying calm and suggesting a brief break, she successfully regulates her own emotions and navigates the interpersonal relationship effectively to maintain a harmonious environment.

18. A highly comprehensive psychological model proposes a three-way classification of human intellectual abilities. When a person actively applies a specific mental process to a type of material, an end result is consistently generated, which could logically take the form of units, classes, or relations.
Which specific dimension of this classification system distinctly represents these generated end results?
(a) Operations
(b) Attributes
(c) Contents
(d) Products

Ans :

(d) Products
In Guilford's Structure of Intellect model, the specific end results generated when a mental operation is applied to a particular kind of content are defined as products. These fundamental outcomes logically include units, classes, relations, systems, transformations, and implications, forming an essential dimension of his comprehensive theory of human intelligence.

19. Clinical guidelines classify intellectually backward individuals into different categories based strictly on their functional capacities. In one such specific category, individuals have an intellectual level comparable to a six-year-old, cannot be formally educated due to inadequate academic skills, but are considered trainable.
Which classification of backwardness accurately corresponds to these functional characteristics?
(a) Mildly retarded
(b) Moderately retarded
(c) Severely retarded
(d) Profoundly retarded

Ans :

(b) Moderately retarded
This accurately corresponds to the moderately retarded classification, which features an IQ range of 40 to 54. Individuals within this specific category typically reach an intellectual level comparable to an average six-year-old. While their inadequate academic skills make them entirely non-educable in standard school environments, they distinctly remain trainable for basic manual tasks under proper specialized supervision.

20. A prominent multi-factor psychological theory completely rejects the idea of a single general intelligence, instead proposing several distinct primary mental abilities. One of these distinct abilities specifically deals with an individual's capacity to draw conclusions firmly on the basis of specific instances.
Identify the primary mental ability that accurately matches this cognitive description.
(a) Word fluency
(b) Spatial visualisation
(c) Inductive reasoning
(d) Deductive reasoning

Ans :

(c) Inductive reasoning

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The described capacity matches inductive reasoning, which is one of the Primary Mental Abilities proposed by Thurstone. While deductive reasoning involves using generalized results, inductive reasoning specifically involves the cognitive ability to draw broader inferences or establish logical conclusions strictly on the basis of analyzing specific instances or isolated examples.

21. A working mother, Sunita, finds that her family rarely spends time together due to differing daily schedules. She establishes a strict rule that everyone must gather at the dining table at 8:30 PM for dinner, ensuring they bond and she can finish her chores early.
Which process of environmental interaction described in a prominent information-processing theory of intelligence is she primarily using?
(a) Adjusting her own routine to blend into the existing family schedule.
(b) Altering the current environmental conditions to better suit her needs.
(c) Moving the family to a completely new setting with different rules.
(d) Relying on past automated routines to handle multiple daily chores.

Ans :

(b) Altering the current environmental conditions to better suit her needs.
Sunita is demonstrating the shaping process of contextual intelligence. Instead of adapting to the environment or selecting a new one, she modifies her existing environment by imposing a dinner rule to fulfill her need for family time and rest. This reflects the practical application of intelligence to everyday life problems.

22. Ramesh, a seventy-year-old retired professor, struggles to navigate the features of a newly launched smartphone. However, he effortlessly wins a crossword puzzle competition by recalling complex historical facts and using his extensive vocabulary.
Which of the following statements correctly explains the difference in his intellectual abilities?
(a) His inherited problem-solving capacity remains intact, but his neurological development has plateaued.
(b) His general mental ability has decreased over time, but his specific task-related skills have expanded.
(c) His ability to recall past experiences is diminishing, but his spatial visualisation continues to improve.
(d) His capacity to process novel information has declined, while his accumulated knowledge remains robust.

Ans :

(d) His capacity to process novel information has declined, while his accumulated knowledge remains robust.
The scenario illustrates the distinction between fluid and crystallised intelligence. Fluid intelligence, required for novel situations like using a new smartphone, heavily relies on neurological development and typically declines with age. Crystallised intelligence, reflected in his vocabulary and accumulated historical knowledge, maintains its level or increases gradually as one ages.

23. Manish is an outgoing individual who loves persuading people to buy new products and excels in leadership roles. His brother, Kartik, prefers practical tasks involving tools, machines, and scientific methodologies, avoiding roles that require influencing others.
Based on the occupational interest scales that categorise work environments into six distinct personality types, which profiles do Manish and Kartik represent respectively?
(a) Manish represents an Artistic profile, whereas Kartik represents an Investigative profile.
(b) Manish represents a Social profile, whereas Kartik represents a Conventional profile.
(c) Manish represents an Enterprising profile, whereas Kartik represents a Realistic profile.
(d) Manish represents a Conventional profile, whereas Kartik represents an Enterprising profile.

Ans :

(c) Manish represents an Enterprising profile, whereas Kartik represents a Realistic profile.
According to the six occupational themes of interest assessment, an Enterprising individual enjoys influencing, persuading others, and performing leadership tasks, which aligns with Manish's traits. A Realistic individual prefers practical, scientific, and methodological work, often involving tools and machines, which perfectly describes Kartik's preferred work environment and behavioral tendencies.

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24. A corporate firm wants to hire fresh graduates for their software development team. Instead of testing their current programming knowledge, the HR department conducts a test to assess their logical reasoning and innate readiness to learn new coding languages during the upcoming training period.
What is the primary purpose of the assessment administered by the HR department in this scenario?
(a) It measures the candidates' underlying potential and predicts their subsequent learning capabilities.
(b) It evaluates the specific level of coding expertise the candidates have already acquired in college.
(c) It determines the candidates' personal liking and affinity towards the software development process.
(d) It assesses the extent to which previous university instruction successfully improved their programming skills.

Ans :

(a) It measures the candidates' underlying potential and predicts their subsequent learning capabilities.
The scenario describes an aptitude test, which measures an individual's innate potential, readiness to learn, and predicts future performance before any specific training is provided. In contrast, evaluating already acquired expertise or the success of previous instruction would require an achievement test, while checking personal affinity requires an interest inventory.

25. Fifteen-year-old Neha has noticeable delays in motor coordination and cannot perform tasks requiring abstract thinking or innovation. However, she can engage in manual labour under sheltered situations with constant supervision, though she remains dependent on others for complex daily activities.
Based on standard psychological classifications of intellectual deficiency, which category of functioning does Neha's behavioral profile illustrate?
(a) Borderline intellectual functioning, as she only requires minimal assistance during stressful periods.
(b) Mild retardation, as she can independently handle unskilled work and adjust to social situations quickly.
(c) Moderate retardation, as she lacks initiative but can perform manual tasks under constant supervision.
(d) Severe retardation, as she shows complete motor retardation and requires total institutionalised care.

Ans :

(c) Moderate retardation, as she lacks initiative but can perform manual tasks under constant supervision.
Neha's characteristics align with moderate mental retardation. Individuals in this category typically lack motor coordination and the initiative or abstract thinking required for innovative work. However, with proper care, timely intervention, and specialised training, they can successfully perform manual labour in sheltered environments, provided they receive continuous supervision and support.

26. Vikram recently joined a highly competitive corporate firm. Whenever a crisis occurs, he does not rely on textbook solutions but finds innovative ways to resolve them. Furthermore, he recently convinced his team to completely change their working hours to avoid peak traffic, effectively altering his work environment to suit his routine.
Which of the following statements correctly identify the intellectual components displayed by Vikram's behaviour?
(P) Using accumulated factual knowledge to tackle everyday academic problems.
(Q) Finding new pathways to solutions in absolutely new situations that one has never experienced before.
(R) Evaluating and analysing problems critically to break them down into smaller parts.
(S) Modifying or shaping the existing environment to suit one's personal needs better.
(a) Only (P) and (R)
(b) Only (Q) and (S)
(c) Only (R) and (S)
(d) Only (P) and (Q)

Ans :

(b) Only (Q) and (S)
Robert Sternberg's Triarchic Theory explains this scenario perfectly. Finding new pathways in unfamiliar situations represents the novelty component of experiential intelligence (Q). Convincing the team to change working hours to

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avoid traffic demonstrates the shaping aspect of contextual intelligence, which involves modifying the existing environment to suit one's personal needs better (S).

27. A school needs to assess the intellectual potential of newly admitted students who come from diverse linguistic and socio-economic backgrounds. The school counsellor decides to use an assessment consisting of visual patterns where students must identify missing elements, rather than answering verbal questions.
Which of the following statements accurately describe the test being administered by the counsellor?
(P) It is heavily dependent on school learning and European cultural backgrounds.
(Q) It measures the clear thinking ability to make sense of complex situations and reproduce learnt information.
(R) It yields a composite score representing general reasoning ability based on fifteen subtests including vocabulary.
(S) It is a non-verbal, culture-fair group test that eliminates biases arising from differences in language proficiency.
(a) Only (P) and (R)
(b) Only (Q) and (P)
(c) Only (Q) and (S)
(d) Only (R) and (S)

Ans :

(c) Only (Q) and (S)
The scenario describes Raven's Progressive Matrices (RPM), a non-verbal, culture-fair test using visual patterns (S). It is designed to be globally applicable without language bias. It measures Charles Spearman's concepts of eductive ability (making sense of complex situations) and reproductive ability (storing and reproducing learnt information) (Q). Statements P and R describe the Stanford-Binet test.

28. Anjali, a nine-year-old student, exhibits an unusually large vocabulary, learns basic skills with very little practice, and frequently asks probing questions about social injustices. However, she has recently become frustrated, irritable, and socially isolated in her regular classroom.
Which of the following interventions would be most appropriate to address Anjali's current academic and emotional needs?
(P) Providing special education in a sheltered situation with constant supervision.
(Q) Arranging for early promotion to higher classes to match her rapid learning pace.
(R) Using diagnostic tests to identify academically weak areas for remedial programs.
(S) Initiating advanced academic programs and increased library facilities to satisfy her curiosity.
(a) Only (Q) and (S)
(b) Only (P) and (R)
(c) Only (P) and (S)
(d) Only (R) and (Q)

Ans :

(a) Only (Q) and (S)
Anjali displays common characteristics of a gifted child, such as a large vocabulary, rapid learning, and concern for social issues. Her current frustration requires specific educational measures. Acceleration (Q), like early promotion, and Enrichment (S), such as advanced programs, are appropriate interventions to satisfy her high intellectual needs. P and R apply to backwardness.

29. Rohit is unsure about which career path to choose after high school. He takes an inventory that asks him to rate his likes and dislikes for various activities. The results show a high standard score in an area that suggests he prefers practical, scientific, and methodological work, and another high score in an area indicating he likes observing, analysing, and evaluating.
Based on the provided profile summary, which of the following themes describe Rohit's predominant occupational orientations?
(P) A preference for data-driven, analytical, and detail-oriented tasks.
(Q) A personality type that focuses on enlightening, informing, and training others.
(R) An orientation towards realistic environments that involve practical and scientific approaches.
(S) An investigative nature that aligns with observing and analysing life situations.
(a) Only (P) and (Q)
(b) Only (Q) and (R)
(c) Only (P) and (S)
(d) Only (R) and (S)

Ans :

(d) Only (R) and (S)
The scenario describes the Strong-Campbell Interest Inventory (SCII), specifically the General

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Occupational Themes (GOT) based on Holland Codes. A high score in practical/scientific areas indicates a 'Realistic' theme (R), while a preference for observing and analysing indicates an 'Investigative' theme (S). Statements P and Q describe Conventional and Social themes, respectively.

30. Mr. Menon, a retired 70-year-old historian, easily wins crossword puzzles and vocabulary games against his family due to his vast factual knowledge. However, when his grandson challenges him to a fast-paced game requiring players to identify completely novel visual associations under time pressure, Mr. Menon struggles to keep up.
Which of the following statements explain the difference in Mr. Menon's performance across the two tasks?
(P) His ability to process information in strange or novel situations has declined with age.
(Q) His intellectual competence for applying accumulated knowledge has maintained its level or increased.
(R) He lacks the primary mental ability of word fluency required for crossword puzzles.
(S) His performance is heavily dependent on specific, task-related factors rather than general mental ability.
(a) Only (P) and (S)
(b) Only (P) and (Q)
(c) Only (Q) and (R)
(d) Only (R) and (S)

Ans :

(b) Only (P) and (Q)
This scenario illustrates Raymond Cattell's concepts of fluid and crystallised intelligence. Mr. Menon's success in vocabulary games relies on his crystallised intelligence, which maintains or increases with age (Q). His struggle with novel visual puzzles reflects a decline in fluid intelligence, which is inherited, used for strange situations, and decreases as one ages (P).

31. Read the following Assertion and Reason carefully and select the correct option.
Madhav, an 80-year-old retired teacher, struggles to understand the interface of a newly gifted smartphone and adapt to its features. However, he effortlessly wins local debate competitions by drawing upon his vast vocabulary and deep understanding of global affairs.
Assertion (A): Madhav's ability to solve novel problems and adapt to strange situations has diminished, while his accumulated knowledge from life experiences remains intact.
Reason (R): Brain games, such as remembering words and putting shaped objects in place, promise better memory, attention, and multitasking skills.
(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
The assertion correctly describes the age-related decline of fluid intelligence and the maintenance of crystallised intelligence. The reason states a true fact about brain games improving memory, as per recent studies, but it does not explain why these specific intellectual changes intrinsically occur with the natural aging process.

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32. Read the following Assertion and Reason carefully and select the correct option.
During frequent power cuts in his neighborhood, Dev devised a simple battery-operated lighting system using discarded materials. Instead of complaining, he later started selling these affordable systems to his neighbours, adapting his business perfectly to the local conditions.
Assertion (A): Dev successfully demonstrated street-smart abilities by adapting to and shaping his environment to solve an everyday problem.
Reason (R): Individuals with high practical cognitive dimensions find out-of-the-box solutions through processes of adapting, shaping, or selecting a more favourable environment.
(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
Both statements are true and correctly linked. Dev exhibits high practical intelligence. This cognitive dimension involves solving everyday problems by either adapting oneself to the environment, shaping the environment to meet one's specific needs, or selecting a completely new setting, which perfectly explains his street-smart business success.

33. Read the following Assertion and Reason carefully and select the correct option.
Ananya is currently exploring different career options. She actively avoids tasks that involve data-driven analytical work or strict methodological routines. Instead, she thrives in environments where she can enlighten, inform, and persuade others, often taking up leadership roles in her college clubs.
Assertion (A): An occupational interest assessment would categorize Ananya's primary interest patterns under the 'Conventional' and 'Realistic' themes.
Reason (R): The 'Conventional' theme primarily involves enlightening and training people, whereas the 'Realistic' theme is driven by innovative and intuitive creative processes.
(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(d) Both Assertion and Reason are false.
Both statements are entirely false. Ananya's preference for enlightening and leading others aligns with the 'Social' or 'Enterprising' themes, not 'Conventional' or 'Realistic'. Furthermore, the reason inaccurately swaps definitions; 'Conventional' is data-driven, whereas 'Realistic' is practical and methodological, not intuitively creative as mistakenly claimed in the text.

34. Read the following Assertion and Reason carefully and select the correct option.
Ten-year-old Kabir struggles to keep up with his classmates and repeats early grades. Clinical assessments indicate his intellectual functioning is comparable to an average six-year-old. However, he is capable of learning basic skills and can be trained to perform manual labour under supervision.
Assertion (A): Based on his functional capabilities, Kabir requires an educational approach that focuses on trainable skills and sheltered manual labour rather than standard academics.
Reason (R): Kabir's assessment profile aligns with the borderline category of backwardness, which constitutes 85% of the total population with mental retardation.
(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(c) Assertion is true, and Reason is false.
The assertion is true as Kabir's functional capacity—comparable to a six-year-old, trainable for manual labour but lacking academic skills—matches the moderately retarded category. However, the reason is false because the borderline category ranges from 70 to 84 IQ. Mildly retarded individuals, not borderline, constitute the 85% majority.

35. Read the following Assertion and Reason carefully and select the correct option.
Sunita, who belongs to a remote tribal community with no formal schooling, is selected for a cognitive assessment. The psychologist decides to use a test involving visual matrix patterns rather than a language-based questionnaire.
Assertion (A): The psychologist avoids culturally loaded items to ensure a fair interpretation of Sunita's intellectual capacity.
Reason (R): Language-based tests heavily depend on school learning and cultural factors, which can artificially lower the scores of individuals from different cultural backgrounds.
(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.

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(d) Both Assertion and Reason are false.

Ans :

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
Both statements are true, and the reason accurately explains the assertion. Tests heavily reliant on language and formal schooling contain culturally loaded items. These unfairly disadvantage individuals from uneducated or tribal backgrounds. Therefore, psychologists use non-verbal, culture-fair progressive matrices to prevent artificially low scores and ensure entirely unbiased evaluations.

36. Observe the image below and answer the following question.

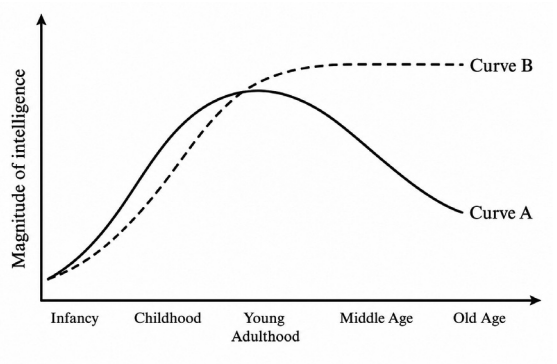
Mrs. Sharma works from home and found that her family's scattered eating habits were disrupting her schedule. To ensure they spend time together and she gets adequate rest, she implemented a strict rule that dinner is served only at 9:00 PM.
Which specific dimension of intelligence is primarily demonstrated by her action of modifying her environment to suit her needs?

(a) The ability to tackle philosophical questions about human existence
(b) The capacity to understand and regulate one's own emotional state
(c) The skill to take problems apart and analyse them critically
(d) The practical sense to shape the existing environment favourably

Ans :

(d) The practical sense to shape the existing environment favourably
Robert Sternberg's Triarchic Theory includes contextual or practical intelligence, which involves solving everyday problems through adapting to, shaping, or selecting environments. Mrs. Sharma shaping her existing environment (imposing a strict dinner rule) to better suit her daily work needs is a direct application of this intelligence.

37. Observe the image below and answer the following question.



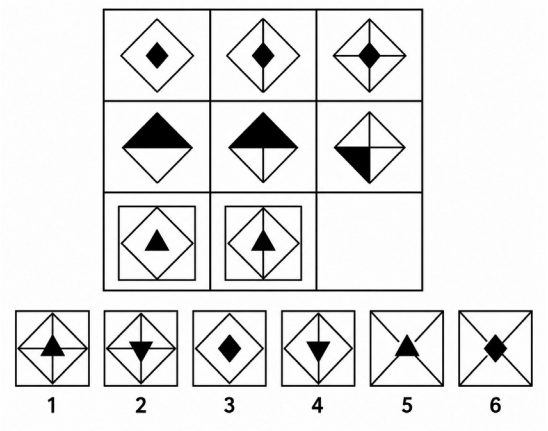
Mr. Verma, a 70-year-old retired teacher, easily defeats his teenage grandson in vocabulary games and historical trivia due to his vast accumulated knowledge. However, he struggles significantly when asked to solve a completely novel, fast-paced puzzle game he has never seen before.
Based on the provided graph, which of the following correctly identifies the trajectory of the intelligence Mr. Verma uses to win the vocabulary games?

(a) Curve B, as it represents knowledge acquired and stored over a lifetime.
(b) Curve A, as it indicates the inherited neurological abilities for fast processing.
(c) Curve B, as it reflects the ability to think out of the box in strange situations.
(d) Curve A, as it demonstrates the capacity for divergent and convergent production.

Ans :

(a) Curve B, as it represents knowledge acquired and stored over a lifetime.
Crystallised intelligence relies on accumulated knowledge and vocabulary, which maintains its level or increases gradually as one ages, as shown by Curve B. Fluid intelligence (Curve A), which is used for rapid, novel problem solving in strange situations, naturally declines as individuals grow older.

38. Observe the image below and answer the following question.



Rahul, a child who has never attended a formal school and lacks basic language proficiency, is given the visual assessment shown above. Without using any words, he successfully identifies the missing element by understanding the complex geometric pattern.
According to the underlying factors measured by this specific assessment, what cognitive ability is Rahul primarily demonstrating?

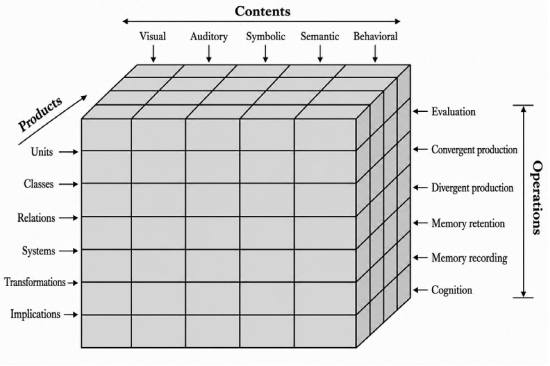
(a) The capacity to recall and sequence numbers in ascending order
(b) The eductive ability to make sense of a complex, novel situation
(c) The proficiency to formulate verbal relations and ideas accurately
(d) The reproductive ability to store and reproduce learned information

Ans :

(b) The eductive ability to make sense of a complex, novel situation
Raven's Progressive Matrices (RPM) is a non-verbal, culture-fair test that does not require language skills. It primarily measures two components of general intelligence identified by Spearman: 'reproductive ability' and 'eductive ability', which is the clear thinking required to make sense of a complex situation.

39. Observe the image below and answer the following question.

NODIA



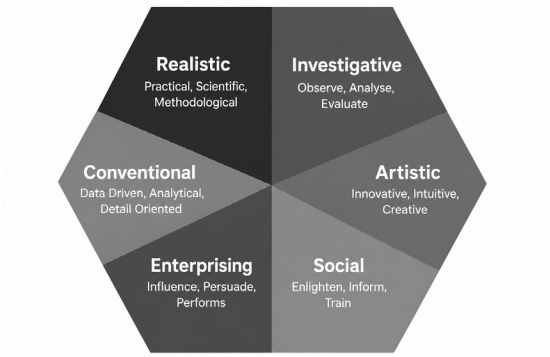
An educational psychologist is evaluating a student's performance using the comprehensive multidimensional framework illustrated above. The psychologist specifically focuses on the student's "Memory recording" and "Divergent production" during a creative writing task.
Under which specific dimension of this intellectual model do these targeted mental activities fall?

(a) The material or information that the individual already knows
(b) The fundamental way in which knowledge is actively processed
(c) The end result achieved after applying an intellectual process
(d) The innate general factor common to all intellectual tasks

Ans :

(b) The fundamental way in which knowledge is actively processed
In J.P. Guilford's Structure of Intellect (SOI) model, dimensions like "Memory recording" and "Divergent production" are classified strictly under 'Operations'. Operations denote the fundamental way knowledge is processed by an individual, distinguishing it from 'Contents' (what is known) and 'Products' (the end result).

40. Observe the image below and answer the following question.



Meera is highly motivated by activities where she can take charge and guide others. In college, she consistently leads group presentations, actively persuades her peers during debates, and has a strong ambition to become a corporate manager or politician.
Using the occupational theme profile illustrated above, which personality type most accurately reflects Meera's predominant characteristics?
(a) Enterprising
(b) Investigative
(c) Conventional
(d) Realistic

Ans :

(a) Enterprising
The Strong-Campbell Interest Inventory (SCII) incorporates Holland's six occupational themes. Meera's desire to lead, persuade, and influence others to achieve goals aligns perfectly with the "Enterprising" theme, which is characterized by traits focusing on influencing, persuading, and performing in leadership roles.

ONE MARK QUESTIONS

41. Amit approaches his daily life challenges with purpose, thinks rationally before acting, and effectively adapts to his surroundings.
Identify the psychologist who defined intelligence through these specific traits.

Ans :

David Wechsler

42. During a family trip, an unfamiliar mechanical issue occurs in the car. 18-year-old Kabir quickly figures out a novel solution without relying on any prior mechanical training.
Which specific type of cognitive ability did Kabir use?

Ans :

Fluid intelligence

43. Rahul performs averagely in most academic subjects but demonstrates an exceptional, unique proficiency in playing the sitar.
What term is used to describe this particular intellectual capability required for this specific activity?

Ans :

Specific mental ability (or 's' factor)

44. Dr. Sharma is a renowned neurosurgeon known for her highly controlled and precise hand movements during complex surgeries.
Which specific capacity is highly developed in her according to the theory of multiple intelligences?

Ans :

Bodily kinesthetic intelligence

45. Tired of the constant noise from the street distracting her studies, Priya decides to rearrange her room and install soundproof windows to suit her needs better.
Which specific process of interacting with the environment is she using?

Ans :

Shaping

46. Rohan can effortlessly chop vegetables while actively participating in a deep philosophical conversation with his mother.
Explain briefly how he manages to chop vegetables without extra thought.

Ans :

He uses the automated component since the task has been done many times before.

47. In a high-pressure corporate meeting, Ananya notices her colleague getting visibly frustrated and subtly changes her tone to calm the situation.
Name the term used to describe this ability to monitor and use feelings to guide action.

Ans :

Emotional intelligence

48. While evaluating a candidate, the examiner directly measures the score from the test performance by awarding points for every correct response rather than comparing it to chronological age.
Which specific scoring procedure is being used?

Ans :

Point scale

49. A ten-year-old child completes an assessment and is found to have the mental age of an eight-year-old.
What is the intelligence quotient of this child?

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Ans :

80

50. A clinical psychologist needs to assess a 10-year-old patient who has moderate to severe learning difficulties.
Which specific version of the progressive matrices should be administered?

Ans :

Coloured Progressive Matrices

51. When asked to find uses for a brick, a student lists over twenty unique and unconventional applications instead of just mentioning building construction.
Which specific cognitive process is primarily involved in this kind of test?

Ans :

Divergent thinking

52. Seven-year-old Aarav completes the entire fifth-grade syllabus in a month, so his school decides to promote him directly to the seventh grade.
Identify the specific educational measure employed for this intellectually superior child.

Ans :

Acceleration

53. An adult individual is observed to have inadequate academic skills but is trainable, and his intellectual level is comparable to a 6-year-old in adult life.
What is the expected intelligence quotient range for this individual?

Ans :

40-54

54. Meera works as a proofreader and is exceptionally fast at identifying typographical errors and differences in data tables.
Which specific aptitude from the general battery of tests does she score high on?

Ans :

Clerical Perception

55. Vikram loves initiating new business projects, thrives on persuading investors, and enjoys taking leadership roles.
Which specific personality type code from the occupational themes best describes his interests?

Ans :

Enterprising

56. A committee has to choose the best candidate among fifty applicants by thoroughly judging their resumes and interview responses.
According to the three-dimensional model of intellect, which specific mental operation is required for this decision-making?

Ans :

Evaluation

57. A mathematics teacher conducts a special end-of-chapter quiz solely to identify which students are struggling with algebraic concepts so she can offer remedial classes.
Name the specific type of test she is using.

Ans :

Diagnostic test

58. During a timed competition, Sneha successfully lists forty different isolated words starting with the letter 'M' within one minute.
Which specific primary mental ability is she demonstrating?

Ans :

Word fluency

59. Researchers noticed that the average performance of a particular demographic group on standardized reasoning tests consistently increased from the 1980s to the 2000s.
Give the term used to describe this phenomenon.

Ans :

Flynn effect

60. In a non-verbal cognitive assessment, a candidate is asked to look at a set of drawings and identify the odd one out.
Which specific subtest of the culture fair test is the candidate attempting?

Ans :

Classification subtest

61. Meera, a teenager, easily navigates her way through a complex escape room using logic and identifying relationships, despite never having been in one before.
Identify the type of intelligence she is predominantly using.

NODIA

Ans :

Fluid intelligence

62. Sunita realises her family rarely spends time together, so she enforces a strict rule that everyone must gather for dinner at 8 PM to ensure family bonding.
Which specific process of practical intelligence is Sunita demonstrating?

Ans :

Shaping the environment

63. Dr. Kapoor is a renowned neurosurgeon known for his highly precise hand-eye coordination and steady control over surgical instruments during complex operations.
Which type of intelligence is highly developed in Dr. Kapoor?

Ans :

Bodily kinesthetic intelligence

64. While most students answered the essay prompt using standard textbook arguments, Arjun approached the topic from a completely original and unconventional perspective to find a novel solution.
Identify the type of thinking Arjun used to formulate his response.

Ans :

Divergent thinking

65. Rohit, a 10-year-old boy, takes a standardised cognitive assessment and scores a mental age of 12 years based on the number of correct responses.
Calculate Rohit's Intelligence Quotient.

Ans :

120

66. During an assessment, Riya is asked to visually scan two sets of symbols and identify how many match within a strict two-minute time limit.
Which specific index of intellectual ability is being tested here?

Ans :

Processing speed

67. After completing a six-month intensive coding bootcamp, Amit is given an examination to evaluate the specific programming expertise he has acquired during the training.
What kind of ability test is Amit taking?

Ans :

Achievement test

68. In a talent hunt competition, participants are given exactly one minute to rapidly think of and write down as many isolated words as possible that begin with the letter 'M'.
Which primary mental ability is being directly assessed in this task?

Ans :

Word fluency

69. Priya consistently demonstrates exceptional academic scores, devises highly original solutions to scientific problems, and remains deeply dedicated to her research projects for months at a time.
Identify the specific psychological concept that describes this combination of traits.

Ans :

Giftedness

70. Dev is a slow learner who struggles in school and had to repeat his early grades, but with special education, he has proven capable of acquiring basic academic skills.
Based on the DSM-IV classification, which category of backwardness does Dev fall into?

Ans :

Mildly mentally retarded

71. During a team meeting, Anjali notices her colleague's subtle facial expressions and tense body language, allowing her to realise he is upset and adjust her communication accordingly.
Which specific psychological concept is Anjali displaying?

Ans :

Emotional intelligence

72. A teacher gives her students a complex mathematical puzzle and tells them they can take as much time as they need to solve it, as the goal is to test their limits on difficult questions.
Identify the type of intelligence test based on time limit and difficulty being administered.

Ans :

Power test

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73. An NGO wants to assess the cognitive abilities of children from various remote tribal regions who speak different local dialects and have no formal schooling.
Name the type of intelligence test that would be most appropriate to avoid linguistic and educational bias.

Ans :

Culture fair test

74. Neha performs averagely in most of her school subjects but displays an extraordinary and highly specific talent in mechanical drawing that she acquired through practice.
According to Charles Spearman, which factor of intelligence explains this specific proficiency?

Ans :

's' factor (or specific mental ability)

75. Rahul takes an assessment that evaluates his work activities and potential skills, subsequently categorising his personality type as 'Investigative' and 'Realistic' to help him choose a career.
Which specific framework of occupational themes is being used here?

Ans :

Holland Codes

76. According to a three-dimensional model of intellect, the material an individual knows can be categorised into visual, auditory, semantic, symbolic, or behavioural types.
What is the overarching term used in the model to denote these five kinds of material?

Ans :

Content

77. Mohan is applying for a job in a watch manufacturing company where he must rapidly and accurately manipulate tiny gears and washers using his hands.
Which specific aptitude from the General Aptitude Test Battery is crucial for this job?

Ans :

Finger dexterity

78. During an individual cognitive assessment, the examiner notes the highest age level at which the testee successfully answers all the given questions correctly before making any mistakes.
What is this specific age level called?

Ans :

Basal age

79. Researchers analysing archival data notice that the average scores of young adults on standard cognitive tests have consistently increased over the last four decades.
What term is used to describe this historical phenomenon?

Ans :

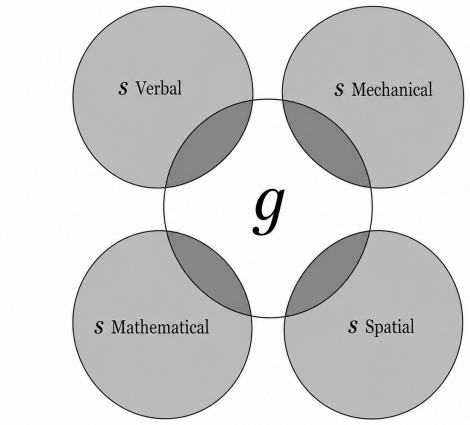
Flynn effect

80. A group of cognitive psychologists studies how individuals solve complex puzzles by analysing the exact steps they take to encode, store, and retrieve clues, comparing the human mind to a computer.
Which modern approach to intelligence are these psychologists using?

Ans :

Information processing approach

81. Observe the diagrammatic model of mental abilities given below and answer the question.



Identify the specific type of ability represented by the letter "g" in the given model.

Ans :

General mental ability

82. Carefully examine the hierarchical flowchart provided below and answer the following question.

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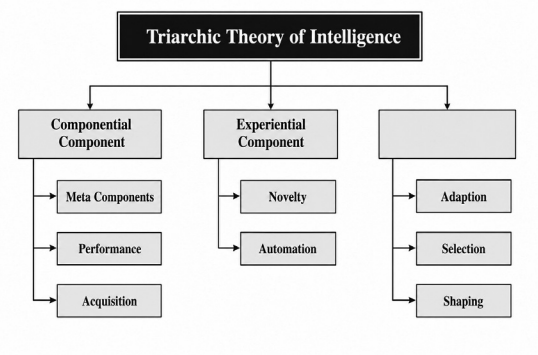
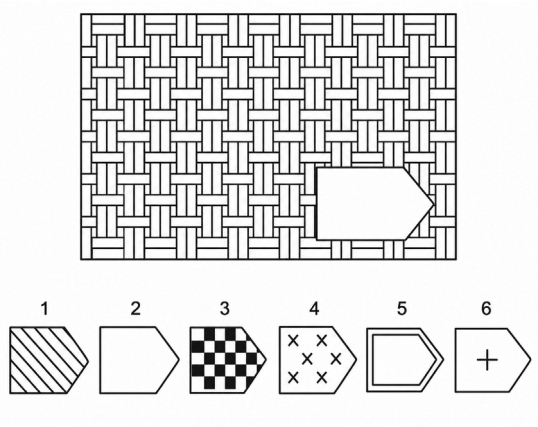


Based on the branches shown in the flowchart, name the specific component of intelligence that belongs in the blank rightmost box.

Ans :

Contextual Component

83. Observe the non-verbal puzzle shown below and answer the question.



Which specific underlying cognitive ability is required by an individual to make sense of this complex situation and identify the missing element?

Ans :

Eductive ability

84. Review the clinical assessment profile card given below and answer the following question.

Psychological Assessment Report

Name: Aarav **Patient ID:** PA-24-0521
Gender: Male **Date of Birth:** 04 April 2002
Chronological Age: 22 years **Education:** Non-formal
Date of Assessment: 12 May 2024 **Assessor:** Clinical Psychologist
Referred By: Dr. R. Sharma (Psychiatrist)

Functional Areas

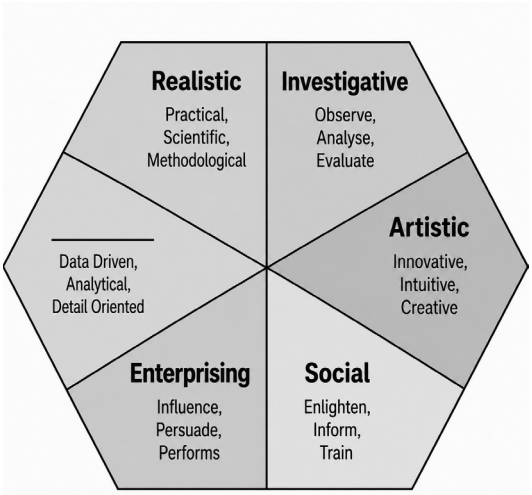
- **Intellectual Level**
  Comparable to an average 6-year-old in adult life.
- **Academics**
  Inadequate academic skill, not educable, but trainable.
- **Social Skills**
  Might have friends, but face difficulty in social situations.

Based on the functional characteristics provided in Aarav's assessment report, identify his exact category of intellectual backwardness.

Ans :

Moderately mentally retarded

85. Observe the model of occupational themes given below and answer the question.



Identify the specific personality type that belongs in the blank segment containing the keywords "Data Driven, Analytical, Detail Oriented".

Ans :

Conventional

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86. Study the relation between the first two words/ phrases and then fill in the fourth word.
General mental ability : Charles Spearman :: Structure of intellect : _____

Ans :

J.P. Guilford

87. Study the relation between the first two words/ phrases and then fill in the fourth word.
Stanford-Binet Intelligence Test : Age scale :: WAIS : _____

Ans :

Point scale

88. Study the relation between the first two words/ phrases and then fill in the fourth word.
Authors and poets : Linguistic intelligence :: Athletes and dancers : _____

Ans :

Bodily kinesthetic intelligence

89. Study the relation between the first two words/ phrases and then fill in the fourth word.
Creative test : Divergent thinking :: Intelligence test : _____

Ans :

Convergent thinking

90. Study the relation between the first two words/ phrases and then fill in the fourth word.
Assemble and Disassemble tests : Finger dexterity :: Place and Turn test : _____

Ans :

Manual dexterity

91. State whether the following is True or False.
The automated component of experiential intelligence enables individuals to find new pathways to solutions when dealing with absolutely new situations that they have never experienced before.

Ans :

False

92. State whether the following is True or False.
An individual whose mental age is assessed to be eight years and whose chronological age is five years possesses a calculated intelligence quotient of 140.

Ans :

False

93. State whether the following is True or False.
Individuals classified as having mild mental retardation are capable of learning basic academic skills and can achieve a level of social adjustment comparable to that of an adolescent.

Ans :

True

94. State whether the following is True or False.
The General Aptitude Test Battery utilizes exactly nine distinct tests to measure twelve different aptitudes that are considered important across a wide range of occupations.

Ans :

False

95. State whether the following is True or False.
The General Occupational Themes section of the Strong-Campbell Interest Inventory categorizes a person's work interests into six broad personality types originally defined by John Holland.

Ans :

True

FOUR MARKS QUESTIONS

NODIA

96. Ramesh, a regional sales head, is known for his street-smart nature. He easily finds out-of-the-box solutions and effectively modifies his working conditions to suit his business needs without relying solely on academic knowledge.
(i) Identify the specific type of intelligence exhibited by Ramesh.
(ii) Describe the three adaptive processes through which such individuals find solutions to daily problems.

Ans :

(i) Ramesh exhibits Contextual or Practical intelligence.
(ii) Such individuals find practical solutions to the everyday problems of daily life through three specific adaptive processes:
1. Adapting to the environment involves the active process of changing oneself so that one adjusts and fits much better

into the existing surroundings, just as a person starts using an umbrella or raincoat during the monsoon season to keep themselves completely dry and comfortable.

2. Shaping the existing environment refers to intentionally modifying the immediate surroundings to suit one's personal needs better, exactly like a mother imposing a strict rule that dinner will be served at nine to ensure the entire family eats together and she finishes her work.
3. Selecting a more favourable environment occurs when an individual does something completely different so that a completely new environment replaces the old inefficient one, allowing them to find out-of-the-box solutions and work much more productively, smartly, and effectively in their daily life situations.

97. Meera is a highly successful human resource manager. She excels at detecting the moods and motivations of her employees, allowing her to interact with them effectively and resolve workplace disputes.

(i) Identify the specific type of intelligence demonstrated by Meera.

(ii) Explain any three other types of intelligence from the same theoretical framework that involve distinct skills.

Ans :

(i) Meera demonstrates a high level of Interpersonal intelligence.

(ii) Three other types of intelligence that involve specific skills according to this theoretical framework are:

1. Linguistic intelligence refers to exceptionally well-developed verbal skills and profound sensitivity to the sound, meaning, and rhythm of words. This specific cognitive ability is expressed in both verbal and written formats, and it is usually found high in successful authors, poets, and prominent orators.
2. Logical-mathematical intelligence refers to the remarkable ability to think conceptually and abstractly. It also deeply includes the cognitive capacity to solve complex logical and numerical problems efficiently, being predominantly high in research scientists, professional engineers, and expert computer programmers in their respective working fields.
3. Bodily-kinesthetic intelligence refers to the specialized ability to effectively control one's body movements and to handle various objects skilfully. This highly coordinated physical capability is visibly seen in professional athletes, trained dancers, and precision surgeons performing complex tasks in their everyday professional activities.

98. An NGO wishes to evaluate the cognitive abilities of a group of tribal children who do not speak the mainstream language and have had no exposure to formal schooling.

(i) Identify the most appropriate category of assessment to accurately evaluate these children without language bias.

(ii) Describe three characteristics of Raven's Progressive Matrices, a widely used assessment tool in this category.

Ans :

(i) A culture fair or culture-free non-verbal test is the most appropriate category.

(ii) Three defining characteristics of Raven's Progressive Matrices as a culture-free assessment tool are as follows:

1. It is a non-verbal group test constructed for both adults and children, where the subject is asked to identify the missing element from given options that completes a visual pattern, without requiring any specific language skills, verbal communication, or formal educational proficiency.
2. The matrices are available in three distinct forms for participants of different abilities, namely the Standard Progressive Matrices, Coloured Progressive Matrices specifically for younger children, and Advanced Progressive Matrices designed for adolescents and adults who show clear signs of being intellectually above average.
3. It measures two main components of general intelligence, originally identified by Charles Spearman, which include the clear thinking ability to make sense of complex situations called eductive ability, and the fundamental ability of storing and reproducing learnt

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information, functionally known as reproductive ability.

99. Aarav, a seven-year-old, possesses an exceptional memory, uses highly complex sentence structures, and learns basic skills with little practice. However, he often faces frustration and emotional imbalances in a regular classroom.

(i) Identify the specific classification term used to describe children with Aarav's intellectual profile.

(ii) Describe three educational measures that schools can employ to satisfy the needs of such children.

Ans :

(i) Aarav's intellectual profile identifies him as a gifted and talented child.

(ii) Three main educational measures that can be employed in satisfying the various needs of gifted children include:

1. Segregation involves ensuring that these intellectually advanced children are treated separately from the other regular children in the classroom. This measure also strongly advocates for developing special schools exclusively designed to cater to the unique intellectual demands and rapid learning pace of gifted children.
2. Acceleration allows admitting such exceptional students in schools earlier than normal children. It involves making systematic arrangements for double promotions or early promotion to higher classes, and avoiding strict gradation systems with study progress, as these may severely limit their natural creativity and unhindered exploration.
3. Enrichment focuses on initiating special training and advanced academic programs for them. This highly structured approach may include active participation in advanced co-curricular activities, increased library facilities for acquiring deeper knowledge, utilizing advanced project work techniques, and systematically developing progressive educational tour programs.

100. Despite scoring average marks in his academic exams, Vikram leads a highly contented life. He is sensitive to non-verbal cues, regulates his feelings peacefully, and maintains harmonious relationships with his peers.

(i) Identify the specific concept of intelligence that Vikram possesses in abundance.

(ii) Describe three defining characteristics of individuals who possess a high level of this specific intelligence.

Ans :

(i) Vikram possesses a remarkably high level of Emotional Intelligence or EQ.

(ii) Individuals with high emotional intelligence consistently demonstrate several defining characteristics in their daily interactions:

1. They are highly capable of perceiving and being acutely sensitive to their own internal feelings and emotions. This profound self-awareness allows them to recognize their emotional states accurately and understand how these specific emotions can directly influence their ongoing cognitive processes and personal behaviours.
2. They are adept at noticing non-verbal cues like subtle body language, shifting facial expressions, and varying voice intonations. This deep observational skill helps them to accurately understand the complex emotions of others around them and respond to social situations with genuine sensitivity and care.
3. They possess the vital ability to control and carefully regulate their own emotions and expressions, both internally and while dealing with others. This crucial regulatory skill actively helps them to remain peaceful, avoid unnecessary conflicts, and live in perfect harmony with people around them.

101. Seventy-year-old Prakash possesses an extensive vocabulary and vast knowledge of global affairs. Yet, he struggles significantly to understand and adapt to the unfamiliar interface of a newly purchased smartphone.

(i) Explain the specific type of intelligence that helps Prakash retain his extensive vocabulary and knowledge.

(ii) Explain the specific type of intelligence that he lacks while trying to adapt to the unfamiliar smartphone interface.

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Ans :

(i) Prakash's retained knowledge reflects his crystallised intelligence:
1. Crystallised intelligence refers to the accumulated knowledge stored over a lifetime from various experiences. This specific cognitive trait clearly reflects in an older person's extensive vocabulary, broad general knowledge, and deep understanding of complex global affairs over the years.
2. This intelligence encompasses the intellectual competence required for the practical application of learned skills. As an individual ages, this accumulated intelligence steadily maintains its existing level or gradually increases, allowing older people to sometimes outperform younger ones in specific tasks.

(ii) Prakash's struggle reflects his declining fluid intelligence:
1. Fluid intelligence refers to our largely inherited abilities to think, reason, and determine information processing capabilities. This intelligence is dependent on neurological development and remains completely unaffected by an individual's educational background or cultural exposure throughout their life.
2. This intelligence is primarily used for learning, problem-solving, and adapting to strange or entirely new situations. Since fluid intelligence naturally declines as a person ages, older individuals often find it difficult to adapt to unfamiliar technologies like new smartphones.

102. A corporate firm administers a specific paper-pencil assessment to college graduates to determine their innate readiness to acquire new clerical skills. Conversely, a university uses a different assessment to evaluate how much the students have actually learned during their degree.
(i) Explain the type of assessment used by the corporate firm to determine readiness.
(ii) Explain the type of assessment used by the university to measure acquired learning.

Ans :

(i) The corporate firm uses an aptitude test:
1. An aptitude test measures an individual's innate potential or natural competency, which enables them to perform a certain kind of activity. It evaluates a person's readiness for a specific type of work without requiring any prior formal learning experience.
2. These tests are primarily designed to help candidates choose appropriate careers or help employers select individuals for various jobs. They reflect a person's repertoire of innate behaviors and predict their overall future performance and subsequent learning capabilities accurately.

(ii) The university uses an achievement test:
1. An achievement test measures the precise level of expertise or skill a person has successfully acquired in a specific task after being trained. It is specifically designed to find out exactly how much the students have learnt after formal instruction.
2. This test is also known as a proficiency test. It evaluates an individual's actual accomplishment in education and experience, helping educators identify any specific weakness in the training program or critically examine the content of the teaching syllabi.

103. The first successful individual test of intelligence, which was later adapted for American culture, utilizes four cognitive area scores to yield a composite score.
Explain the four cognitive domains measured in this specific intelligence test.

Ans :

The Stanford-Binet intelligence test measures intellectual functioning through four distinct cognitive domains:
1. Verbal reasoning measures the testee's verbal knowledge and understanding acquired from their school and home environment. This area score clearly shows the individual's inherent ability to practically use verbal skills and acquired vocabulary when exposed to entirely new situations.
2. Abstract/Visual reasoning indicates the testee's analytical skills and their specific ability to visualize complex patterns. It comprehensively evaluates their visual and motor skills, along with their innate capacity

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to solve structured problems using active reasoning and spatial interpretation.

3. Quantitative reasoning measures the subject's mathematical operations skills and their ability to mentally manipulate numerical problems. It also tests their concentration on given tasks, mathematical knowledge, and their functional ability to apply numerical concepts to solve structured equations.
4. Short-term memory measures the testee's concentration skills alongside short-term retention and sequencing skills. For instance, in one specific subtest measuring visual short-term memory, the testee is first shown pictures of a bead design and then asked to reproduce it.

104. A widely used adult intelligence test incorporates both verbal and performance components to provide a full-scale IQ score. Within its verbal tests, a specific index assesses verbal comprehension through multiple subtests.
Describe the four subtests that assess verbal comprehension in this adult intelligence scale.

Ans :

The verbal comprehension index of the WAIS-III consists of four distinct subtests:

1. Vocabulary requires the testee to accurately define thirty-five specific words. This particular subtest is designed to evaluate the subject's expressive language skills, accumulated word knowledge, and their overall ability to articulate clear definitions based on prior learning and experience.
2. Similarities involves presenting the testee with pairs of items and asking them to identify the logical similarities between them. There are nineteen such pairs in this subtest, which effectively measures abstract verbal reasoning and conceptual categorization skills of the individual.
3. Information requires the testee to orally answer general knowledge questions. These questions are primarily about famous people, places, common objects, and historical events, arranged in an increasing order of difficulty to assess the individual's acquired factual knowledge and long-term memory.
4. Comprehension requires the testee to orally answer eighteen specific questions focusing on how to solve common everyday problems. This subtest effectively indicates exactly how much the testee has understood the question and evaluates their practical judgment and social reasoning abilities.

105. According to the DSM-IV classification, backward children whose IQ ranges from 55 to 69 constitute 85% of the total population with mental retardation.
Discuss the characteristics of these mildly retarded individuals across four functional areas.

Ans :

Mildly retarded individuals exhibit specific characteristics across different functional areas of their lives:

1. Regarding their intellectual level, they are generally comparable to an average ten-year-old child in their adult life. In academics, they typically function as slow learners in school who might repeat early grades, but they are considered highly educable with proper support.
2. In terms of social skills, their social adjustment is closely comparable to that of a normal adolescent. They are quite capable of maintaining personal relationships, meaning they usually have good friends and can adjust relatively fast to various social situations.
3. Regarding motor skill development, they often experience delayed development during their early life. Their essential developmental milestones are generally delayed by approximately one year when closely compared to the expected growth trajectory of an average normal child of the same age.
4. In the functional area of speech and communication, their verbal abilities, though somewhat disturbed or delayed initially, are considered adequate for daily interactions. Vocationally, they can easily perform unskilled work, though they may lack spontaneous innovation and natural enthusiasm.

106. Meera recently moved to a new city where it rains frequently. Initially, she struggled with getting her bag wet during her commute. Soon, she started using a waterproof backpack cover and altered her route to walk through covered arcades. Observe the image depicting her daily routine.

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(i) Identify the specific type of intelligence demonstrated by Meera according to Robert Sternberg's theory.
(ii) Describe any three processes involved in this type of intelligence that help individuals deal with environmental changes.

Ans :

(i) Meera demonstrates Contextual or Practical intelligence.
(ii) Contextual intelligence helps individuals solve their daily life problems through three processes:
   1. Adapting to the environment involves changing oneself to fit better into the existing surroundings. For instance, when individuals face a new climate, they adjust their attire or habits to remain comfortable, just like Meera started using a waterproof cover to adjust to the heavy rains.
   2. Shaping the existing environment means modifying the surroundings to suit one's specific needs better. This occurs when individuals establish new rules or physical structures to make their daily tasks more manageable, ensuring that the environment works in their favour rather than against them in their routine life.
   3. Selecting a more favourable environment involves completely replacing an old, inefficient environment with a new one. When adaptation and shaping are insufficient, individuals find entirely new pathways or settings that allow them to work more productively and effectively, like Meera choosing a completely covered route today.

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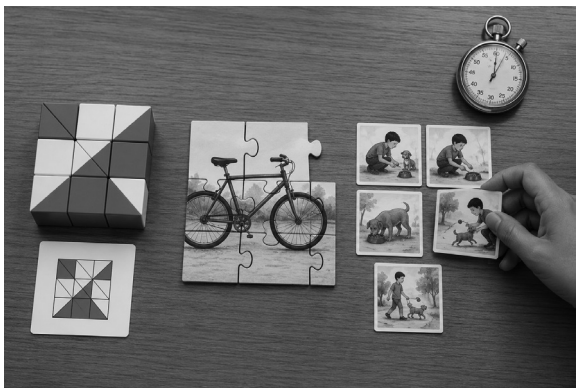
107. A clinical psychologist is assessing an adult client using a standardised intelligence scale. During the session, the client is asked to perform specific tasks using physical materials, as shown in the image below.



(i) Identify the broad category of subtests being administered to the client from the Wechsler Adult Intelligence Scale III (WAIS III).
(ii) Describe any three specific subtests assessing perceptual reasoning that match the tasks shown in the image.

Ans :

(i) The psychologist is administering the Performance tests component of WAIS III.
(ii) The specific subtests assessing perceptual reasoning are:
   1. Block Design is a subtest where the testee has to replicate specific designs of models or pictures. The testee uses red and white coloured blocks to recreate these patterns, and there are nine tasks presented in an increasing level of difficulty to assess reasoning skills.
   2. Object Assembly involves a task where the testee has to assemble scattered puzzle pieces. The goal is to put these pieces together correctly to form common objects, and the subtest typically includes five such puzzles that evaluate the individual's visual-motor coordination and spatial abilities.
   3. Picture Arrangement requires the testee to arrange a set of mixed-up picture cards into a logical order. The cards must be placed in a sequential order to make a sensible story within a specific time limit, and there are eleven such tasks in this particular subtest.

108. Sameer is a high school student trying to decide on his future career path. His school counsellor administers an inventory that maps his personality type and work environment preferences, resulting in the profile shown below.

(i) Identify the specific inventory being used and explain its General Occupational Themes (GOT) component.

(ii) Describe any two of the six personality types defined by John Holland that are assessed in this inventory.

Ans :

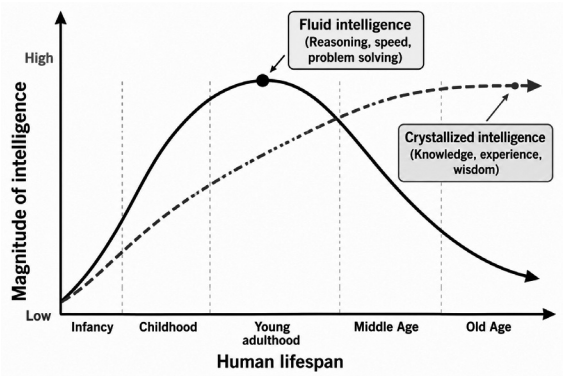
(i) The Strong-Campbell Interest Inventory (SCII) is used for occupational assessment.

1. The General Occupational Themes includes six broad areas representing personality types defined by John Holland. These themes are based on individuals' specific interests and their unique approaches to handling various life situations to categorise preferred work environments.
2. The testee's scores are compared to average scores for their gender to determine interest levels. This helps the individual understand their predominant code, associated potential skills, daily work activities, and the core values linked with each theme code.

(ii) Two personality types defined by John Holland are:

1. The Investigative type involves individuals who enjoy observing, analysing, and evaluating complex situations. They strongly prefer work environments that require deep analytical thinking, scientific methodology, and logical problem-solving, making them well-suited for careers in research and scientific fields.
2. The Artistic type comprises individuals who are highly innovative, intuitive, and creative. They thrive in environments that allow for free expression, aesthetic appreciation, and out-of-the-box thinking, often finding immense success in fields like art, design, writing, and music.

109. Examine the image given below that illustrates the developmental trajectory of two different cognitive abilities over a person's lifespan. Discuss Raymond Cattell's theory as depicted in the graph.



Ans :

Raymond Cattell viewed intelligence as being of two kinds, which develop differently over a lifetime.

1. Fluid intelligence refers to largely inherited abilities to think and reason, determining the limits of information processing capabilities. It is completely developed by the end of adolescence and is used for learning, problem-solving, and adapting to strange situations.
2. Fluid intelligence is dependent on neurological development and is not affected by education and culture. As depicted by the declining curve in the graph, fluid intelligence gradually decreases as an individual ages, reducing the capacity to solve novel problems.
3. Crystallised intelligence refers to the accumulated knowledge stored over a lifetime

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from various experiences. It includes the intellectual competence for applying skills to solve specific problems and is reflected in one's vocabulary, general knowledge, and understanding of global affairs.

4. As one ages, crystallised intelligence maintains its level or increases gradually, as shown by the rising curve. Because of this accumulated experience, older people can sometimes outperform younger ones in cognitive tasks despite a decline in their fluid intelligence.

110. Aryan is an eight-year-old boy who often asks complex, probing questions about political injustices. He possesses an unusually large vocabulary, learns new skills with minimal practice, and frequently spends hours daydreaming. Based on the characteristics depicted in the scenario and the image, explain the specific intellectual category Aryan belongs to and the needs associated with it.

Ans :

Aryan's characteristics indicate that he belongs to the category of 'gifted' children, who require specific support.

1. Gifted children are rapid learners who organise thoughts quickly and use large vocabularies with complex sentence structures. They demonstrate advanced comprehension of metaphors and abstract ideas, often showing a highly keen interest in various complex social and political issues.
2. These children have a longer attention span, high concentration capacity, and excellent memory. Their thoughts are insightful, logical, and complex. They are frequently pre-occupied with their own thoughts, which makes them appear as day-dreamers with an incredibly vivid imagination.
3. Like other children, gifted individuals need security, love, and social recognition. Furthermore, they possess a distinct need for knowledge and satisfying their intense curiosity, requiring intellectual stimulation to prevent emotional imbalances, deep frustration, or feelings of pronounced social isolation.
4. To support their unique development, gifted children need opportunities for the manifestation of their creativity and exceptional capabilities. They require continuous engaging activities and platforms for self-expression and self-establishment at a tender age to ensure their innate potential is harnessed.

111. A recruitment agency is evaluating candidates for an air traffic control position. They administer an assessment requiring candidates to quickly perceive visual objects accurately, manipulate objects imaginatively in space, and do rapid numerical calculations.

(i) Identify the theoretical approach and its proponent.

(ii) Explain the three specific mental abilities being tested here.

Ans :

(i) This approach is the Multi-Factor Theory or group factor theory of intelligence, which was propounded by American psychologist L.L. Thurstone.

(ii) The assessment evaluates specific primary mental abilities crucial for the candidate's role based on intermediate factors.

1. Perceptual speed involves the candidate's ability to very quickly perceive objects accurately in their visual field. This primary mental ability gives functional unity to tasks requiring rapid visual scanning, which is essential for safely monitoring complex and fast-moving air traffic environments.
2. Spatial visualisation involves tasks where the subject manipulates an object imaginatively in space. This mental ability enables the candidate to mentally map out flight paths, understand spatial relationships between aircraft, and predict movements without needing physical models to guide their decisions.

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3. The Numerical factor involves the ability to do numerical calculations rapidly and accurately. This specific cognitive skill ensures that the candidate can quickly compute distances, speeds, and timings, allowing for precise instructions and maintaining optimal efficiency in managing aviation logistics.

112. An 80-year-old grandfather easily solves complex crossword puzzles using his vast vocabulary and general knowledge. However, he struggles to adapt to a new smartphone application that requires identifying unfamiliar relationships and fast problem-solving.

(i) Identify the overarching theoretical model and the psychologist who proposed it.

(ii) Explain the two specific kinds of intelligence demonstrated by the grandfather, highlighting how they change with age.

Ans :

(i) This theoretical model is the theory of Fluid and Crystallised Intelligence, proposed by the psychologist Raymond Cattell.

(ii) The grandfather's cognitive performance illustrates two distinct kinds of intelligence functioning differently as he ages.

1. Crystallised intelligence refers to accumulated knowledge stored over a lifetime from various experiences, including vocabulary and general knowledge of global affairs. It includes the intellectual competence for applying skills and is demonstrated by the grandfather easily solving complex crossword puzzles.
2. Fluid intelligence refers to largely inherited abilities to think, reason, and process information in strange or new situations. It is used for problem-solving, adaptation, and identifying associations, which is required when the grandfather struggles to navigate the unfamiliar smartphone application.
3. Regarding their developmental trajectory, fluid intelligence is completely developed by the end of adolescence and declines as one ages. In contrast, crystallised intelligence maintains its level or increases gradually, allowing older people to sometimes outperform younger ones due to accumulated experiences.

113. Meera is highly self-aware, constantly reflecting on her inner feelings and beliefs to guide her life choices. She is also a successful social worker because she appropriately detects the moods, motivations, and desires of the communities she serves.

(i) Name the theory of intelligence and the psychologist who proposed it.

(ii) Explain the two specific types of intelligence Meera possesses, and mention one point on the theory's criticism.

Ans :

(i) This refers to the Theory of Multiple Intelligence, which was argued and proposed by Howard Gardner in 1983.

(ii) Meera exhibits two distinct forms of intelligence that allow her to function effectively in society according to this multidimensional framework.

1. Intrapersonal intelligence is the capacity to be self-aware and be in tune with one's own inner feelings, values, beliefs, and thinking processes. Meera demonstrates this cognitive ability by constantly reflecting on her inner state to guide her personal life choices.
2. Interpersonal intelligence is the capacity to detect and respond appropriately to the moods, motivations, and desires of others. Meera uses this to interact effectively with communities, and this intelligence is highly evident in teachers, social workers, politicians, and similar professions.
3. Despite classifying a wide range of cognitive abilities, this theory is widely criticised by mainstream psychologists. Very weak correlations are found among the different types of intelligence, it lacks empirical or factual evidence, and it has high dependence on subjective judgement.

114. Rohan is a project manager who effectively controls his temper during high-pressure meetings. He easily understands the non-verbal cues of his distressed team members and motivates them to achieve their targets while handling team conflicts peacefully.

(i) Identify the specific psychological concept that Rohan demonstrates.

(ii) Explain three characteristics of individuals who possess a high level of this concept.

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Ans :

(i) Rohan demonstrates high Emotional Intelligence or EQ, a concept originally described by Peter Salovey, John D. Mayer, and later Daniel Goleman.

(ii) A person with a high emotional quotient typically exhibits several distinct abilities in social situations.

1. They are able to perceive and be sensitive to their own feelings and emotions. Furthermore, they notice non-verbal cues like body language, facial expressions, and voice intonation to understand the emotions of others around them and remain highly sensitive to it.
2. They successfully control and regulate their own emotions and expressions, both within themselves and while dealing with others. This regulation helps them remain peaceful, maintain harmony with people around them, and build healthy interpersonal relationships in their workplace or family.
3. They are able to relate their thoughts and emotions in a way that helps them solve problems and take decisions more effectively. They understand the immense power of emotions influencing cognitive processes, which helps reduce stress and achieve professional contentment.

115. Aryan is an 8-year-old boy who learns basic skills with little practice and uses advanced vocabulary. However, his parents notice he is suffering from pronounced social isolation, low self-esteem, and often feels frustrated due to inadequate satisfaction of his high curiosity.

(i) What psychological term best describes Aryan's intellectual capacity?

(ii) Explain three problems faced by such children due to the inadequate satisfaction of their various needs.

Ans :

(i) Aryan's intellectual capacity is best described as 'gifted', showing exceptional above-average ability, task commitment, and creativity.

(ii) Gifted children often require special care, and unmet needs can lead to specific developmental problems that affect their overall well-being.

1. They frequently experience emotional imbalances or emotional insecurities. This psychological instability arises directly due to the inadequate satisfaction of their various specialized needs, such as the need for knowledge, continuous activity, and the manifestation of their exceptional capabilities and creativity.
2. These children often suffer from pronounced social isolation and face intense difficulty in making friends. This social rejection can occur due to inter-personal problems, their increased level of perfectionism, and their tendency to be pre-occupied with their own complex abstract thoughts.
3. They are highly susceptible to frustration, irritability, anxiety, and depression. Furthermore, being misguided by unnecessary praises for achieving tasks that seem easier for them can negatively impact their development, ultimately resulting in severe demotivation and low self-esteem among gifted children.

116. A school psychologist needs to assess the intellectual potential of a newly admitted refugee student who does not speak the local language and has had interrupted schooling.

(i) Based on the 'nature of tasks', which category of intelligence test should the psychologist administer?

(ii) Explain the two broad categories of tests based on the nature of tasks, justifying the choice for this student.

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Ans :

(i) The psychologist should administer a Performance Test or non-verbal test of intelligence for this student.

(ii) Intelligence tests are classified by the nature of problems to be solved during the assessment.

1. Language-based tests or verbal tests require every step of questioning and answering to be based on language. An individual's performance in these verbal tests is heavily influenced by their school learning experience and cultural background, making them unsuitable for this student.
2. Performance tests or non-verbal tests require the subject to perform something or manipulate some concrete materials.

These assessments are completed without much use of language ability, ensuring that the effect of prior school learning or language barriers remains limited or negligible.

3. For this refugee student, a non-verbal test like the Army Beta Test or Cattell's Culture Fair Test is justified. Because the test content avoids culturally loaded items, a lack of language proficiency will not unfairly underrate or penalise the testee's actual intellectual capacity.

117. During an intelligence assessment, David is asked to mentally solve twenty-word arithmetic problems within a stipulated time without using paper. Following this, he is asked to repeat a series of numbers called out by the examiner in both forward and backward order.

(i) Identify the specific test and the specific index being evaluated in this scenario.

(ii) Explain the three subtests that constitute this specific index.

Ans :

(i) This scenario describes the Wechsler Adult Intelligence Scale III (WAIS III), specifically assessing the Working Memory Index.

(ii) The Working Memory Index is a critical verbal component of this intelligence test comprising three subtests.

1. The Arithmetic subtest requires the testee to mentally solve 20-word arithmetic problems within a stipulated time. The individual must perform these calculations using their cognitive faculties entirely without the assistance of physical tools like paper and pencil to demonstrate working memory.
2. The Digit Span subtest assesses memory capacity by having the examiner call out a series of numbers. The testee has to repeat the series in the forward order and also in backward order, with both series containing exactly eight items each.
3. The Letter-number Sequencing subtest requires the testee to listen to a combination of numbers and alphabets. They must recall the numbers in ascending order and letters in alphabetical order, navigating through seven distinct items that contain three strings of numbers and letters.

118. A twelve-year-old boy shows delayed developmental milestones, having spoken his first words a year later than average children. He is a slow learner in school, repeating early grades, but is deemed 'educable' and can manage social adjustments comparable to an adolescent.

(i) Identify the specific category of backwardness this boy falls into and its IQ range.

(ii) Discuss three other functional characteristics of individuals in this category.

Ans :

(i) The boy falls into the category of Mildly mentally retarded, which corresponds to an IQ range of 55 to 69.

(ii) Individuals with mild mental retardation display specific developmental and functional patterns throughout their adult lives.

1. Regarding their intellectual level, they are generally comparable to an average 10-year-old child when they reach adult life. Despite this cognitive limitation, they are considered educable and can acquire basic academic skills, even if they remain slow learners throughout their early schooling.
2. In terms of vocational adjustment, these individuals can perform unskilled work effectively. While they may demonstrate a distinct lack of innovation, enthusiasm, and abstract thinking, they can still function adequately in the workforce and contribute to society with appropriate guidance and support.
3. Regarding their mortality rate and life span, these individuals normally live to a full-grown adult life. However, they may require assistance and help during periods of severe stress, as their capacity to independently navigate complex life challenges remains somewhat restricted by their condition.

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119. A career counselling agency wants to measure a young adult's natural potential for jobs involving proofreading. They administer a test to check his ability to identify significant details in verbal or numerical materials and find differences in copies or lists.

(i) Identify the specific aptitude being tested and the test battery it belongs to.

(ii) Describe three other specific aptitudes measured by paper-pencil tests within this battery.

Ans :

(i) The aptitude being tested is Clerical Perception (Q), which is measured by the General Aptitude Test Battery (GATB).

(ii) The GATB utilises several paper-pencil tests to measure distinct aptitudes necessary for a wide range of occupations and vocational guidance.

1. Intelligence (G) refers to the general learning ability and scholastic aptitude of an individual. It measures the ability to grasp instructions and is expressed through the sum of scores from tests like Vocabulary, Arithmetic Reasoning, and the Three Dimensional Space test.
2. Numerical Aptitude (N) checks an individual's innate ability to solve arithmetic problems with high speed and accuracy. This specific aptitude is rigorously evaluated through the Computation and Arithmetic Reasoning tests to predict success in quantitative and data-driven occupational fields.
3. Spatial Aptitude (S) refers to the ability to visually think and understand the relationship between space and moving objects. Computed by the Three Dimensional Space Test, it helps individuals understand the two-dimensional representation of our complex three-dimensional physical world.

120. Rahul prefers practical, scientific, and methodological work environments where he can operate machinery and tools. He takes an inventory test that generates a profile summary comparing his preferences with average scores of people in various occupations.

(i) Identify the inventory test taken by Rahul and the specific personality theme he exhibits.

(ii) Explain the three types of scales or themes used in this inventory to specify interest patterns.

Ans :

(i) Rahul has taken the Strong-Campbell Interest Inventory (SCII), and he primarily exhibits the Realistic occupational theme.

(ii) The revised version of this inventory uses specific scales to provide a comprehensive report of occupational interests.

1. General Occupational Themes (GOT) categorise individuals into six broad personality types defined by John Holland. These include Realistic, Investigative, Artistic, Social, Enterprising, and Conventional codes, which help determine the person's predominant interest levels based on their specific approaches to life situations.
2. Basic Interest Scales (BIS) provide detailed insight into an individual's top interests. This scale evaluates specific work and leisure activities, hands-on projects, and course work that the testee has historically found to be the most personally motivating, engaging, and rewarding.
3. Occupational Scales (OS) compare the testee's results to the interests of people of the same gender working in 122 occupations. A generated list identifies specific professions populated by individuals whose personal and professional interests most closely match the testee's established interest pattern.

121. During a monsoon downpour, a commuter realises they have no umbrella. Instead of getting soaked, they creatively use a large plastic shopping bag to cover themselves, demonstrating 'street smarts' and practical adaptation to their immediate environment.

(i) Identify and explain the specific component of intelligence demonstrated here.

(ii) Explain the other sub-component of this theory that is responsible for finding new pathways when facing an absolutely new situation.

Ans :

(i) The commuter demonstrates Contextual or Practical intelligence, an essential dimension of Sternberg's Triarchic Theory.

1. Persons high on this dimension exhibit strong practical and adaptive senses, helping them effectively solve the varied problems of daily life. They are street-smart individuals with excellent business sense who consistently discover highly effective, out-of-the-box solutions.
2. They resolve issues through three processes: adapting to the environment, shaping it, or selecting a new one.

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Adaptation involves altering oneself to fit the existing surroundings, precisely as the commuter used a plastic bag to keep dry in the rain.

(ii) The novelty component of Experiential or Creative intelligence is responsible for navigating unprecedented scenarios.
   1. This novelty component is actively engaged when a person is confronted with an absolutely new situation they have never experienced before. It requires the individual to deal with the challenge by utilizing completely new ideas and fresh mental approaches.
   2. Individuals who excel at this specific cognitive process are able to quickly find new pathways to the solution of the problem. They successfully navigate the situation while others remain completely at a loss regarding what can be done.

122. A student consistently scores the highest marks by quickly grasping information and accurately reproducing textbook answers. However, when asked to design an original science project, he struggles, whereas an average-scoring classmate creates a highly novel and aesthetically pleasing model.

(i) Explain the difference in the cognitive capabilities of these two students.

(ii) Discuss the relationship between these two cognitive traits as concluded by psychologists.

Ans :

(i) The scenario illustrates the fundamental distinction between general intelligence and the trait of creativity.
   1. The high-scoring student demonstrates intelligence by grasping information quickly, comprehending instructions accurately, and reproducing information correctly. He uses memory, logical analysis, perception, and convergent thinking to solve conventional problems effectively.
   2. The average-scoring classmate demonstrates creativity by improvising novel, original ways of doing things that are aesthetically pleasing. He exhibits the ability to think out of the box, form novel relationships between unrelated things, and solve problems using divergent thinking.

(ii) Psychologists have extensively studied the overlapping yet distinct nature of creativity and intelligence.
   1. In 1920, Terman concluded that an intelligent person might not necessarily be a creative person and vice versa. These two traits are mutually exclusive, meaning the presence of one cognitive ability does not automatically ensure the presence of the other.
   2. However, a person can possess both traits simultaneously. It is obvious that a creative person requires at least a basic level of intellectual ability to successfully express their creativity, such as learning a language and developing vocabulary to write creatively.

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123. A school identifies an intellectually gifted 10-year-old girl who finds the standard curriculum unchallenging. To support her, the school administration promotes her directly to a higher class and grants her special access to the advanced university library.

(i) Explain the measure of 'Acceleration' implemented by the school to solve her educational problems.

(ii) Explain the measure of 'Enrichment' provided to satisfy her exceptional learning needs.

Ans :

(i) The school utilizes the educational measure of acceleration to accommodate the girl's rapid learning pace.
   1. Acceleration involves admitting the child to higher educational levels earlier than normal children. Schools arrange for double promotions or early promotion to higher classes, addressing her need for an appropriately challenging academic environment.
   2. In this system, schools are advised not to apply traditional marks or gradation systems to her academic progress. Strict grading can severely limit the gifted child's natural creativity and exploration, requiring the school to grow a separate, advanced curriculum.

(ii) Enrichment measures are implemented to provide a deeper, more stimulating educational experience for gifted children.
   1. Enrichment involves initiating special training and advanced academic

programs tailored to the child's high potential. This includes encouraging her participation in advanced co-curricular activities to ensure continuous intellectual development and satisfy her intense curiosity.

2. Providing increased facility of the library, as seen in the scenario, is a key enrichment strategy. It aids in acquiring extensive knowledge, utilizing advanced project work techniques, and developing progressive educational tour programs to fully harness her exceptional capabilities.

124. An educational institute conducts two different assessments for high school graduates. One test evaluates their innate readiness to acquire surgical skills, while the second test measures how much biology knowledge they have already mastered during high school.

(i) Differentiate between the primary purposes of the two tests administered by the institute.

(ii) Explain how the design and application of these two types of tests differ fundamentally.

Ans :

(i) The institute utilizes two distinct measurement tools, assessing both future potential and past learning.

1. The first assessment is an aptitude test, measuring the individual's innate potential or readiness. It evaluates the natural potential enabling the student to perform activities and acquire surgical skills prior to any actual training.
2. The second assessment is an achievement test, which measures the specific level of expertise or knowledge the person has already acquired in a task. It signifies the attainment of skill through prior training, patience, or perseverance in studying biology.

(ii) Aptitude and achievement tests differ significantly in their structural design and practical application.

1. Aptitude tests are specifically designed to help candidates choose from amongst various careers. By discovering their innate talents and possibilities of interest, these tests predict an individual's future performance and success in upcoming professional training programs.
2. Conversely, achievement tests are fundamentally designed to find out how much students have learnt after instruction. When a test is utilized strictly to determine an individual's past accomplishments in a specific area, it acts as an achievement test.

125. While participating in a complex strategic board game, a player first perceives the rules, stores the strategies in mind, evaluates the opponent's moves, and creatively thinks of multiple unique counter-moves to win.

With reference to J.P. Guilford's model of intelligence, discuss the specific intellectual abilities involving the 'processing of knowledge' demonstrated by the player.

Ans :

According to Guilford's Structure of Intellect model, the player demonstrates different types of 'Operations', which denote the way knowledge is processed.

1. Cognition and Memory: The player first perceives and understands the rules, demonstrating cognition. Subsequently, they utilize memory recording and memory retention to successfully store the gathered strategic knowledge and recall it when necessary during the game.
2. Convergent Thinking: This operation is utilized when the player needs to narrow down information to find a single correct solution. It involves applying learned rules and logical reasoning to identify the most effective and established tactical move against the opponent.
3. Divergent Thinking: When the player creatively thinks of multiple unique counter-moves, they engage in divergent production. This operation is crucial for reasoning and problem-solving skills, allowing the individual to explore numerous distinct, out-of-the-box possibilities in response to the opponent.
4. Evaluation: This cognitive operation involves making critical judgments and decision-making. The player continuously assesses and evaluates the opponent's moves to determine their strategic value, ensuring that the chosen counter-move aligns perfectly with the end goal of winning the game.

126. A multinational corporation wants to assess the clear thinking ability and learning reproduction of candidates from entirely different global

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linguistic and socio-economic backgrounds, without any cultural bias.
Identify the specific intelligence test that best suits the corporation's requirements and explain its key characteristics and underlying factors.

Ans :

The corporation should use Raven's Progressive Matrices (RPM), developed by John C. Raven, which serves as a non-verbal, culture-fair group test.

1. Culturally Fair Nature: Standardised for global application, RPM is entirely devoid of language skills. By avoiding culturally loaded items that use differentially prevalent information, it ensures fairness and prevents underrating the intelligence of candidates from diverse socio-economic backgrounds.
2. Test Description: The test is constructed for both adults and children. In each matrix presented, the candidate is asked to identify the missing element from six to eight given options that accurately completes a pattern, without any time limit.
3. Eductive Ability: As an underlying factor originally identified by Spearman, RPM measures eductive ability. This refers to the candidate's clear thinking capability, enabling them to make sense of a highly complex, unorganised situation presented within the visual matrix.
4. Reproductive Ability: The second underlying component measured by the test is reproductive ability. This evaluates the candidate's cognitive capacity for effectively storing and reproducing previously learnt information, ensuring a comprehensive assessment of their general intelligence without cultural interference.

127. A school principal notices that some students constantly struggle to adapt to normal academic demands and face severe discouragement from peers. The school decides to implement structural and environmental changes to support these individuals.
Discuss four effective measures the school can adopt to solve the educational and psychological problems associated with intellectual backwardness.

Ans :

To assist intellectually backward students, the school must investigate the root causes and implement comprehensive management and special education strategies.

1. Modifying Environment and Control: The school must actively control and minimize negative elements like peer criticisms, discriminations, and discouragement. Simultaneously, changing and modifying the overall school, home, and family environment ensures a supportive atmosphere that fosters the child's development.
2. Special Education Programs: Engaging mentally challenged children in special education is crucial. Following Samuel Kirk's identification of learning disabilities, schools can introduce a separate, specialised curriculum managed by specially trained instructors, which is highly beneficial for these students' academic growth.
3. Personal Attention and Sensory Aids: Instructors must provide intense personal attention and care. Utilizing various specialized teaching aids to enforce the teaching-learning experience through different sensory routes helps overcome their cognitive limitations and enhances their comprehension of fundamental academic concepts.
4. Counselling and Behaviour Therapy: Mentally challenged children should be treated in group settings utilizing behaviour therapy. The primary goal of this intervention is to improve their short attention span, increase low frustration tolerance, regulate impulse control, and rebuild their damaged self-esteem.

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128. At the end of the academic session, the state education board mandates a standardized proficiency test for all high school students in Mathematics and Science to evaluate both student progress and school efficiency.
Explain four ways in which the results of this standardized achievement test can be utilized by the students, teachers, and educational authorities.

Ans :

Standardized achievement tests, also known as proficiency tests, measure the extent to which individuals acquire skills and are utilized in multiple ways.

1. Identifying Learner Weaknesses: The results help accurately identify specific weaknesses or problems faced by the learner. Once

recognized, necessary modifications can be made in the method of training, instruction, or the evaluation process to better support the student's academic growth.

2. Evaluating Syllabi and Content: Education boards use these achievement tests to critically examine the overall content of the syllabi. They assess whether the curriculum remains relevant and evaluate the specific teaching methods utilized across different educational institutions for optimal learning.
3. Rectifying Training Slackness: The tests are highly effective in identifying any underlying slackness or weakness in the training program itself. If the deficiency lies within the instructional framework, systematic changes can be brought in to resolve the issue promptly.
4. Career and Administrative Guidance: The scores indicate which specific field or profession the individual might excel in. Additionally, it highlights the strengths and weaknesses of the testee, while simultaneously indicating how effective the school administration, supervisors, and teacher's methods truly are.

129. A 30-year-old software engineer takes a traditional intelligence test and scores a mental age of 15 years, while his chronological age is 30. He is confused when his calculated score appears abnormally low compared to his high professional competence.
Explain the mathematical concept of the Intelligence Quotient (IQ) and discuss why its usefulness becomes limited or meaningless in the case of this adult engineer.

Ans :

The concept of the Intelligence Quotient (IQ) is a statistical measure of intellectual capacity, presenting significant limitations when applied to adults.

1. Calculation Formula: Formulated by William Stern, IQ is derived from the ratio of Mental Age (MA) to Chronological Age (CA). It is multiplied by 100 to eliminate decimals, using the strict mathematical formula: $IQ = MA/CA \times 100$.
2. Growth Ceiling Age: According to psychologists, the growth of general intelligence effectively stops after a certain age. For average people, the ceiling age for intellectual growth is considered 16 years, meaning the chronological age should be taken as 16 even for adults.
3. Meaningless for Adults: For adults aged between 21 and 37, traditional IQ calculation is meaningless. After the middle teens, mental age does not rise in a rapid, increasing order, making the standard ratio formula highly inaccurate for measuring adult cognitive potential.
4. Trajectory of Intelligences: Most test items primarily measure crystallised and fluid intelligence. Since fluid intelligence declines and both show a slow rise or declining trend after the middle teens, the calculated mental age follows this declining trend, resulting in misleadingly low scores.

130. A team of cognitive psychologists is designing a new artificial intelligence system. Instead of looking at intelligence as a single trait, they model their system by studying how the human brain receives, analyzes, and stores external environmental data.
Discuss the modern theory of intelligence adopted by these psychologists, explaining how it conceptualizes the human mind and its relation to Artificial Intelligence.

Ans :

The psychologists are utilizing the Information Processing Approach, a modern theoretical framework that views intelligence as an active cognitive process.

1. Focus on Intellectual Processes: Unlike classical theories that find various structural components, this approach primarily focuses on the ways or patterns of thinking people use. It attempts to explain the underlying intellectual processes involved while reasoning, solving problems, and maturing cognitively.
2. Processing Environmental Data: This approach lays heavy emphasis on the processing of information received directly from the environment. Intelligence is determined by how efficiently an individual's cognitive mechanisms can gather, interpret, and utilize this external sensory data to navigate their surroundings.
3. The Computer Analogy: In this framework, the human mind is taken literally as a computer. The brain acts as an advanced processing unit responsible for critically analysing the received information, leading

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to the development of various models explaining intelligence in different ways.

4. Artificial Intelligence Link: Introduced by John McCarthy, 'Artificial Intelligence' involves computer programs created to 'think' like humans. This approach applies human cognitive processes—including perception, imagery, memory, thinking, and problem-solving—to machines, directly bridging cognitive psychology with modern computer science.

131. Sameer recently moved to a new city for his job. Initially, he struggled with the local transit system, but he quickly found alternative routes, negotiated flexible working hours with his manager to avoid traffic, and eventually relocated to an apartment much closer to his workplace.

(i) Identify the specific dimension of intelligence demonstrated by Sameer in the above situation.

(ii) With reference to the theory indicated above, explain the three processes through which individuals find solutions to their daily life problems.

Ans :

(i) The specific dimension of intelligence demonstrated by Sameer is Contextual or Practical intelligence.

(ii) Individuals high on this dimension are strong in practical and adaptive sense, finding solutions through three distinct processes.

1. Adapting to the environment is the process of changing oneself so that one adjusts or fits better within the existing surrounding. An individual modifies their own habits to survive effectively, for example, using a raincoat during the monsoon to keep oneself completely dry in the rain.
2. Shaping the existing environment refers to modifying the external surroundings to better suit one's own needs and preferences. For instance, a mother might impose a strict rule that dinner will be served at nine for everyone, ensuring the family eats together and she rests early.
3. Selecting a more favourable environment is undertaken when an individual does something completely different so that a new environment replaces the old, inefficient one. This involves relocating or changing one's setting entirely to find out-of-the-box solutions and work more productively and effectively in daily life.

132. Aarav, a seven-year-old boy, has a vast vocabulary, organises his thoughts rapidly, and asks probing questions about global political issues. However, his parents notice that he often suffers from emotional imbalances, lacks friends of his age, and seems highly frustrated when he makes minor mistakes.

(i) Based on the characteristics described, identify the category of intellectual capacity Aarav falls into.

(ii) Discuss three major problems that children like Aarav might face due to the inadequate satisfaction of their specific needs.

Ans :

(i) Based on his exceptional characteristics and rapid learning ability, Aarav falls into the category of a gifted child.

(ii) Gifted children often require additional care, and the inadequate satisfaction of their various needs leads to several specific problems.

1. Emotional imbalances or deep emotional insecurities frequently arise in these children due to the inadequate satisfaction of their various heightened needs. This unresolved tension can lead to severe frustration, irritability, anxiety, episodes of depression, and pronounced social isolation from their normal peer groups in daily life.
2. Difficulty in making friends is a significant challenge, as they often struggle with intense inter-personal problems. Their advanced cognitive abilities and abstract thinking make it hard to connect with same-age peers, sometimes leading to complete demotivation and a surprisingly low level of self-esteem despite high intelligence.
3. Social rejection is common due to their increased level of perfectionism and tendency to correct others. Furthermore, they may become misguided by the unnecessary praises they receive for achieving tasks that naturally seem to be much easier for gifted children when compared directly to regular students.

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133. An international organization is conducting an assessment for candidates from diverse linguistic and socio-economic backgrounds. To avoid any cultural bias, they use a non-verbal group test where candidates must identify the missing element from a matrix of designs. The test does not require any language skills.

(i) Identify the specific intelligence test described in the scenario above.

(ii) Describe the three forms or versions of the matrices available for participants of different abilities in this test.

Ans :

(i) The specific intelligence test described in the scenario is Raven's Progressive Matrices (RPM).

(ii) Raven's Progressive Matrices are available in three different forms designed to accommodate participants of varying intellectual abilities.

1. Standard Progressive Matrices are the original form explicitly made for average six-year-olds to eight-year-olds. This version consists of five separate sets, from A to E, containing twelve items each. The items are presented in black ink on a white background, purposefully organised at an increasing difficulty level.
2. Coloured Progressive Matrices are effectively utilised for younger children, the elderly, and individuals possessing moderate to severe learning difficulties. This form includes sets A and B in a visually stimulating coloured format, plus an additional set AB, actively keeping the target group engaged throughout the test.
3. Advanced Progressive Matrices are specifically used for adolescents and adult participants who display clear signs of being above average in intelligence. It features forty-eight distinct items presented in black ink on a white background, divided strategically into Set I with twelve subsets and Set II with thirty-six subsets.

134. Meera is a highly successful social worker who easily detects the moods, motivations, and desires of the people she helps, allowing her to interact effectively with them. On the other hand, her colleague, Kabir, is deeply self-aware, constantly reflecting on his own inner feelings, beliefs, and thinking processes.

(i) Identify the two distinct types of intelligence demonstrated by Meera and Kabir respectively.

(ii) According to the theory from which these types are derived, explain three other specific types of intelligence related to verbal, logical, and visual abilities.

Ans :

(i) Meera demonstrates Interpersonal intelligence, while Kabir demonstrates Intrapersonal intelligence.

(ii) Howard Gardner's theory proposes several other important types of intelligence that help individuals in different activities.

1. Linguistic intelligence refers to well-developed verbal skills and a deep, inherent sensitivity to the sound, meaning, and rhythm of words. This specific intelligence is highly prominent in successful authors, poets, and brilliant orators who consistently excel in expressing complex ideas through both verbal and written communication.
2. Logical-mathematical intelligence involves the highly specific ability to think conceptually and abstractly about various difficult issues. It inherently includes the intellectual capacity to solve complex logical and numerical problems efficiently, and it is usually found to be highly developed in professional scientists, engineers, and expert computer programmers.
3. Spatial-visual intelligence denotes the distinct cognitive ability to think in terms of vivid images and pictures, allowing a person to visualise objects accurately and abstractly. People who are exceptionally high in this form of intelligence include expert sailors, sculptors, painters, and modern architects who require excellent mental spatial skills.

135. During a vocational guidance seminar, students are given a specific test battery originally developed by the United States Employment Services. This test measures their innate potential to acquire skills in areas like manipulating small objects with their fingers and visually understanding the relationship between moving objects in space.

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(i) Identify the popular test battery being referred to in the above scenario.
(ii) Explain the three specific aptitudes, namely Spatial, Finger Dexterity, and Manual Dexterity, measured by this test battery.

Ans :

(i) The popular test battery being referred to is the General Aptitude Test Battery (GATB).
(ii) The General Aptitude Test Battery measures various specific aptitudes to determine where an individual is best suited to work.
    1. Spatial Aptitude explicitly checks the ability of an individual to visually think and clearly understand the relationship between space and objects moving within it. It greatly helps to comprehend the two-dimensional representation of the three-dimensional world and is effectively computed by the popular Three Dimensional Space Test.
    2. Finger Dexterity broadly refers to the specific physical ability to manipulate small objects quickly and accurately using only the fingers. It is effectively measured by precise tests that require assembling and disassembling reverts and washers, which are specifically and collectively known as the Assemble and Disassemble Tests.
    3. Manual Dexterity involves a much grosser movement of the entire human hand rather than just focusing on precise finger dexterity. The two specific performance tests measuring this physical aptitude require the subjects to carefully transfer and reverse pegs on a board, collectively called the Place and Turn test.

136. Mr. Sharma, aged 70, finds it difficult to solve novel visual puzzles on his grandson's tablet, as he struggles to adapt to the strange situation. However, he effortlessly dominates discussions regarding global affairs and boasts an exceptional vocabulary derived from a lifetime of reading.
(i) With reference to Raymond Cattell's theory, explain the type of intelligence that is causing Mr. Sharma's struggle with the novel puzzles.
(ii) Explain the type of intelligence that allows Mr. Sharma to excel in vocabulary and discussions on global affairs.

Ans :

(i) Mr. Sharma's struggle with novel puzzles is due to the natural decline of his fluid intelligence with advanced age.
    1. Fluid intelligence refers to our largely inherited abilities to think, reason, and completely determine the limits of our information processing capabilities. This unique intelligence operates entirely independently of any prior education or cultural exposure, making it deeply essential for natural problem-solving.
    2. It is predominantly used in strange, unfamiliar situations where immediate adaptation, rapid understanding, and identifying new relationships are constantly needed. As a person ages, fluid intelligence naturally declines, perfectly explaining their sudden struggles with entirely new technological tasks or complex visual puzzles.
(ii) Mr. Sharma naturally excels in intellectual discussions due to his highly developed crystallised intelligence.
    1. Crystallised intelligence refers to the massive accumulation of knowledge based on the continuous information an individual carefully stores over a lifetime from various experiences. It clearly reflects exceptional intellectual competence applied directly to solve highly familiar and specific societal problems successfully.
    2. This specific intelligence is clearly reflected in one's extensive personal vocabulary, broad general knowledge, and deep understanding of global affairs. Unlike fluid intelligence, crystallised intelligence easily maintains its original level or even increases gradually as individuals grow older and gather more experience.

137. During a clinical assessment, two different individuals were evaluated. Individual A was found to be a slow learner capable of social adjustment comparable to an adolescent, and could do unskilled work. Individual B appeared clumsy, had inadequate academic skills (not educable but trainable), and could only work in sheltered situations.
(i) Based on the Diagnostic and Statistical Manual of Mental Disorders, explain the

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functional characteristics of Individual A.

(ii) Explain the functional characteristics of Individual B based on the same clinical classification.

Ans :

(i) Individual A exhibits the primary functional characteristics of a mildly retarded person whose IQ ranges directly between 55 and 69.
   1. In terms of academic and overall intellectual levels, these individuals are directly comparable to an average ten-year-old in adult life. They strictly function as slow learners in school, often having to repeat early grades, but they definitely remain fully educable with proper pedagogical support.
   2. Regarding vital social and vocational skills, they achieve effective social adjustment comparable to an adolescent, naturally make friends easily, and adjust fast. Vocationally, they can perform standard unskilled work but typically lack any significant innovation, abstract thinking, and basic enthusiasm in their specific jobs.

(ii) Individual B distinctly displays the functional characteristics of a moderately retarded person whose IQ normally falls between 40 and 54.
   1. Intellectually, these individuals are directly comparable to an average six-year-old throughout their adult life. Academically, their foundational skills are highly inadequate; they are generally not considered educable in traditional school settings, but they surprisingly remain highly trainable for executing basic, repetitive manual tasks.
   2. Socially and physically, they might have a few friends but face considerable difficulty in complex social situations, often appearing clumsy with severely poor motor coordination. Vocationally, they absolutely cannot do work requiring self-initiative and can only function effectively in sheltered situations under strict, constant supervision.

138. According to a prominent comprehensive theory, human intelligence is composed of 180 factors classified into a three-dimensional model. This model suggests a highly complex nature of intelligence where no single test can be a fair indicator.

Discuss the three different intellectual abilities or dimensions that form the basis of this comprehensive classification.

Ans :

J.P. Guilford's Structure of Intellect (SOI) model effectively classifies distinct intellectual abilities into three fundamental dimensions: operations, contents, and products.

1. Operation fundamentally denotes the specific way of actively processing gathered knowledge. There are exactly six types of cognitive operations: cognition, memory recording, memory retention, convergent thinking, divergent thinking, and strict evaluation, through which an individual actively gathers and systematically accumulates all incoming knowledge.
2. Content essentially denotes the exact material or factual information that the individual already knows. These known foundational factors include exactly five distinct kinds of material content: visual, auditory, semantic, symbolic, and behavioural, which serve as the basic required input for all psychological operations.
3. Product completely refers to the final end result that naturally occurs when a specific mental operation is successfully applied to a certain kind of content. These fundamental kinds of products fall into exactly six general categories: units, classes, relations, systems, transformations, and complex implications.
4. By mathematically multiplying these three separate and distinct dimensions—exactly six operations, five contents, and six products ($6\times5\times6$)—the theoretical model successfully identifies 180 distinct intellectual factors, highlighting that human intelligence is profoundly complex and cannot be measured by just one single standardised test.

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139. The General Occupational Themes (GOT) of the Strong-Campbell Interest Inventory (SCII) categorise work environments and personality types into six broad areas based on individuals' interests and approaches to life situations.

Describe any four personality types defined by John Holland under these General Occupational Themes.

Ans :

John Holland firmly believed that all people practically fall into one or more of six defined personality types, commonly known as Holland Codes.

1. The Realistic type represents individuals who are exceptionally practical, scientific, and strictly methodological. They prefer actively working with tangible objects, tools, and heavy machines, clearly displaying a strong natural inclination towards hands-on physical tasks rather than purely theoretical or abstract concepts in their daily routines.
2. The Investigative type is characterised by a strong personal desire to observe, analyse, and critically evaluate complex phenomena. These specific individuals are deeply analytical and detail-oriented, effectively thriving in strict work environments that fundamentally require rigorous scientific inquiry, critical thinking, and systematic problem-solving skills.
3. The Artistic type mainly consists of unique individuals who are remarkably innovative, intuitive, and highly creative. They prefer highly flexible, completely unstructured environments that consistently allow them to freely express their internal imagination, originality, and deep aesthetic appreciation through diverse artistic mediums like creative writing.
4. The Enterprising type involves confident individuals who possess a strong internal drive to influence, casually persuade, and dynamically perform in front of others. They naturally excel in prominent leadership roles, vividly demonstrating ambition and a clear preference for competitive environments aimed at achieving strict organizational goals.

140. In the modern workplace, a specific form of social intelligence is receiving immense attention. It helps individuals live in cooperation, reduce stress, and achieve contentment by guiding their thinking and actions appropriately.
Discuss any four characteristics of a person who possesses a high level of this intelligence.

Ans :

A person with a high level of Emotional Intelligence (EQ), as originally described by Salovey and Mayer, clearly exhibits several distinct behavioural characteristics.

1. The intelligent individual would be completely capable of accurately perceiving and remaining deeply sensitive to their own internal feelings and daily emotions. This foundational self-awareness essentially allows them to continuously monitor their shifting emotional state and respond to personal situations with much greater psychological clarity.
2. They would be exceptionally observant of crucial non-verbal cues, such as specific body language, facial expressions, and shifting voice intonation. This acute personal sensitivity naturally enables them to effectively understand the underlying inner emotions of other people around them, ultimately fostering deep empathy and better interpersonal connections.
3. They possess the highly critical ability to completely control and strictly regulate their own intense emotions and external expressions. Whether dealing with deep internal conflicts or routinely interacting with others, this deliberate self-regulation fundamentally helps them remain remarkably peaceful, emotionally balanced, and in perfect social harmony.
4. Such an exceptional individual can seamlessly relate their personal cognitive thoughts and deep emotions in a highly constructive, meaningful manner. They completely understand the immense power of raw emotions over cognitive processes, using this powerful integration to confidently solve complex problems and take crucial life decisions effectively.

141. Read the conversation below and answer the questions that follow:
Mr. Sharma: "Rajesh, I noticed you completely changed the way we handle client deliveries this week."
Rajesh: "Yes, sir. The old dispatch system was taking too much time, so I completely replaced it with a new routing software."
Mr. Sharma: "It was a bold move to discard the old system, but it saved us three hours daily."
Rajesh: "When the situation doesn't allow for small adjustments, I believe we must create a better environment that suits our needs."
Mr. Sharma: "Your street smartness and business sense always bring out-of-the-box solutions."
(i) Identify the type of intelligence Rajesh is

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demonstrating according to Sternberg's theory.

(ii) Explain the three processes through which individuals with this intelligence find solutions.

Ans :

(i) Rajesh is demonstrating Contextual or Practical intelligence from Sternberg's Triarchic Theory.

(ii) Individuals high on practical intelligence are strong in adaptive sense and find solutions through the following three processes:

1. Adapting to the environment involves changing oneself so that one adjusts or fits better into the existing surrounding, like wearing raincoats during monsoon to keep dry.
2. Shaping the existing environment involves modifying our environment to suit our needs better, just as a mother imposes dinner rules to ensure the family eats together.
3. Selecting a more favourable environment occurs when we do something completely different so that a new environment replaces the old inefficient one, helping to find out-of-the-box solutions.

142. Read the conversation below and answer the questions that follow:

Sunita: "Pitaji, I am quite amazed by eight-year-old Rohan. He learns basic math skills so quickly with almost no practice."

Ramesh: "Yes, and have you noticed his vocabulary? He uses such complex sentence structures for a child his age."

Sunita: "Exactly! He also asks such probing questions about why poverty exists. He seems so concerned with social issues."

Ramesh: "He is highly sensitive and has an unusual alertness. He even organises his thoughts so logically when he speaks."

Sunita: "I think we need to provide him with advanced books to satisfy his curiosity."

(i) Identify the specific category of children being described here based on their intellectual capacity.

(ii) Describe any three common characteristics of such children as observed in the chapter.

Ans :

(i) The specific category of children being described here, based on their exceptional intellectual capacity, is 'gifted' children.

(ii) According to the chapter, gifted individuals share several common characteristics. Three of these characteristics are:

1. They are rapid learners who possess the ability to organise their thoughts quickly. Furthermore, they display excellent memory and vivid imagination. They usually learn basic skills quickly or with very little practice compared to others.
2. They use a large vocabulary and complex sentence structures in daily life. Their advanced comprehension allows them to grasp words, metaphors, and abstract ideas, making their thoughts abstract, complex, logical, and insightful.
3. They demonstrate highly sensitive and unusual alertness even during infancy. They maintain a wide range of interests, frequently ask probing questions, and show deep concern regarding various social and political issues and injustices.

143. Read the conversation below and answer the questions that follow:

Arjun: "Sir, I have two different assessments tomorrow, and I am a bit confused about their purposes."

Mr. Verma: "Tell me about them, Arjun. What does the first test measure?"

Arjun: "The first one checks my innate potential and readiness to pursue mechanical engineering in the future, without any prior training."

Mr. Verma: "I see. And what about your second assessment?"

Arjun: "The second one measures the level of expertise and knowledge I have already acquired in my physics class after a year of instruction."

(i) Based on the dialogue, differentiate between the two types of tests Arjun is talking about.

(ii) State two other differences between these two concepts.

Ans :

(i) Based on the dialogue, the two tests are aptitude and achievement tests. Their differences are:

1. Aptitude tests measure an individual's innate potential which enables him to perform any kind of activity, indicating readiness for future learning.

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2. Achievement tests measure the level of expertise a person has already acquired in a task after receiving proper training or instruction.

(ii) Two other differences between these concepts are:

1. Aptitude tests are specifically designed to help candidates choose from amongst various careers by discovering their innate talents and possibilities of interest.
2. Achievement tests are systematically designed to find out exactly how much the students have learnt after training, evaluating their current accomplishments.

144. Read the conversation below and answer the questions that follow:

Neha: "Did you see how calmly Ananya handled the argument between our classmates today?"

Priya: "Yes, she never loses her temper. She is always so peaceful and in harmony with everyone around her."

Neha: "She easily notices non-verbal cues, like our facial expressions or voice changes, and instantly understands our moods."

Priya: "True. She monitors her own feelings as well as ours, and uses that understanding to guide her actions."

Neha: "She relates her thoughts in such a way that it helps her take decisions effectively."

Identify the type of intelligence Ananya possesses based on the views of Peter Salovey and John D Mayer. Describe any four characteristics of a person with this high level of intelligence.

Ans :

Ananya possesses high Emotional Intelligence (EQ). As described by Peter Salovey and John D Mayer, a person with high EQ displays the following characteristics:

1. An individual with high emotional intelligence would be able to accurately perceive and remain highly sensitive to his or her own feelings and emotions, monitoring them carefully during different situations.
2. He would be able to notice non-verbal cues like body language, facial expressions, and voice intonation to fully understand the emotions of others around him and be sensitive to them.
3. He would be able to control and regulate his own emotions and their expressions both within himself and while dealing with others, helping him remain peaceful and in harmony.
4. He would be able to relate his thoughts and emotions in such a way that it significantly helps him to solve problems and take decisions more effectively in daily life.

145. Read the conversation below and answer the questions that follow:

Mr. Gupta: "Vikram, you solved that abstract visual puzzle on your phone so rapidly! I couldn't even identify the relationship between those moving shapes."

Vikram: "It's just a strange new game, uncle. It doesn't require any prior knowledge, just quick reasoning and adaptation."

Mr. Gupta: "Well, at my age, I struggle with such novel, strange situations. My brain doesn't process new information that fast anymore."

Vikram: "But uncle, your vocabulary is outstanding! In our society meetings, your accumulated knowledge of global affairs and ability to analyse complex issues is unmatched."

Mr. Gupta: "That comes from a lifetime of experiences and reading. My knowledge has only increased over the years."

Identify the two kinds of intelligence demonstrated by the speakers in the dialogue. Explain the features of these two types of intelligence.

Ans :

The dialogue demonstrates Cattell's two kinds of intelligence: Fluid intelligence (Vikram) and Crystallised intelligence (Mr. Gupta). Their features are:

1. Fluid intelligence refers to largely inherited abilities to think and reason, determining our information processing limits. It relies on neurological development and is entirely unaffected by education or culture.
2. Fluid intelligence is utilised for learning, problem-solving, and adaptation in strange, novel situations. It develops completely by adolescence and gradually declines as a person ages.
3. Crystallised intelligence refers to accumulated knowledge stored over a lifetime from various experiences. It includes intellectual competence to apply skills and knowledge to solve specific problems.
4. Crystallised intelligence is strongly reflected in a person's vocabulary, general knowledge, and global affairs awareness. It maintains its

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level or steadily increases gradually as an individual grows older.

146. "Success is not just about intelligence, but how effectively you can navigate and modify the world around you." — Robert H. Schuller
Meera recently moved to a new city for her job. Initially, she faced difficulties managing her commute and meals. However, she soon found alternative bus routes to save time and convinced her flatmates to share cooking responsibilities, making her daily routine significantly smoother.
(i) Identify the specific type of intelligence demonstrated by Meera in the above scenario.
(ii) Explain the three processes involved in this type of intelligence, as conceptualised by the theorist.

Ans :

(i) Meera demonstrates Contextual or Practical intelligence.
(ii) Contextual intelligence is used to solve the problems of daily life through three specific processes:
1. Adapting to the environment is the fundamental process of changing oneself to fit better into the existing surroundings. For instance, Meera successfully adjusted to her new city by finding alternative bus routes, which helped her manage her daily commute much more efficiently and comfortably.
2. Shaping the existing environment involves actively modifying the current surroundings to suit one's personal needs better. Meera demonstrated this by convincing her flatmates to share cooking responsibilities, effectively altering her immediate living situation to save time and make her routine significantly smoother.
3. Selecting a more favourable environment occurs when an individual does something completely different to replace an old, inefficient environment. This process is undertaken when adapting or shaping fails, allowing the individual to choose an entirely new setting that helps them work more productively and effectively.

147. "The truly exceptional mind often walks a lonely path, burdened by expectations and a world that struggles to keep pace with its rapid thoughts." — Leta Hollingworth
Aryan, an eight-year-old boy, often asks complex philosophical questions and solves advanced mathematical problems effortlessly. However, his parents complain that he seems highly frustrated, refuses to interact with classmates, and often isolates himself in his room.
(i) Based on the chapter, classify the intellectual category to which Aryan belongs.
(ii) Discuss any three problems that children like Aryan frequently face due to inadequate satisfaction of their needs.

Ans :

(i) Aryan belongs to the category of 'gifted' children.
(ii) When the unique needs of such exceptional children are not adequately satisfied, they can face several problems:
1. These individuals frequently suffer from emotional imbalances or emotional insecurities. Because their advanced intellectual needs and curiosities are not met adequately by their regular surroundings, they experience significant inner turmoil, leading to intense frustration, extreme irritability, anxiety, and depression in their daily lives.
2. They often face pronounced social isolation and encounter immense difficulty in making friends. Since their interests, vocabulary, and thought processes are much more advanced than those of their peers, they struggle to find common ground, leading to rejection due to inter-personal problems and differing maturity levels.
3. Such children often suffer from demotivation and low self-esteem despite their high capabilities. They can also be misguided by unnecessary praises for achieving simple tasks, or face immense pressure due to their increased level of perfectionism, which makes them feel alienated and highly stressed.

148. "The mind is both a flowing river of rapid adaptation and a deep reservoir of accumulated wisdom gathered over a lifetime." — Raymond B.
During a family quiz, sixty-year-old grandfather Mr. Sharma effortlessly answered historical trivia and vocabulary questions, while his teenage

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grandson Kabir was much faster at solving novel visual puzzles and complex spatial reasoning games that he had never seen before.

(i) Explain the intellectual ability demonstrated by Kabir in the given scenario.

(ii) Explain the intellectual ability demonstrated by Mr. Sharma in the given scenario.

Ans :

(i) Kabir demonstrates fluid intelligence, our inherited ability to think and reason.
   1. This intelligence is dependent on neurological development and is completely developed by the end of adolescence. It is primarily used for learning, problem-solving, and effectively dealing with strange situations where adaptation, understanding, and identifying novel relationships are urgently needed.
   2. Fluid intelligence is not affected by education and culture, but it naturally declines as an individual ages. Kabir's ability to quickly solve novel visual puzzles and spatial games without prior experience perfectly illustrates the application of this innate capability.

(ii) Mr. Sharma demonstrates crystallised intelligence, the accumulated knowledge stored over a lifetime.
   1. This intelligence is based on information gathered from various experiences and includes the intellectual competence for applying acquired skills to solve specific problems. It is highly reflected in a person's active vocabulary, broad general knowledge, and awareness of global affairs.
   2. Unlike fluid intelligence, crystallised intelligence maintains its level or increases gradually with age. This explains why Mr. Sharma, drawing upon his vast accumulated experiences, could effortlessly excel at answering historical trivia and complex vocabulary questions during the family quiz scenario.

149. "Potential is a priceless treasure, but it remains a mere promise until it is properly identified and directed towards the right path." — John W. Gardner

The school counsellor has decided to administer a specific set of tests to the high school students. These tests are designed to measure their innate readiness to learn and will help predict their future performances in various professional fields before they make their career choices.

Discuss any four ways in which the tests mentioned in the scenario can be useful for the students and the institutions.

Ans :

The school counsellor is administering aptitude tests, which are highly useful in predicting subsequent learning and guiding future career paths.

1. These tests speculate on a learner's readiness to learn, allowing institutions to accurately measure overall learning ability. Through this assessment, the specific future performances and the complete range of an individual's mental capabilities can be systematically and effectively evaluated.
2. By discovering innate talents and possibilities of interest, these assessments help candidates choose from amongst various careers. Identifying a high level of specific aptitude, known as talent, ensures that it can be harnessed properly so the student reaches greater heights.
3. These tests are highly beneficial for assessing differences in aptitude among individuals and comparing a child's performance with others. This comparative analysis helps individuals accurately select the right subjects they should pursue for maximum academic and long-term professional success.
4. They act as a reliable benchmark for the admission of students into professional courses like medicine or engineering. Furthermore, employers use these results to effectively select individuals for various jobs, place employees appropriately, and design targeted professional training programmes.

150. "Every mind has its own pace of blooming; the responsibility lies with the environment to provide the right soil and care for it to grow." — Maria Montessori

Rahul, a ten-year-old student, is a slow learner who struggles to adapt to the demands of daily school life. His intelligence quotient is below 70, and his developmental milestones have been significantly delayed. The school administration wants to implement supportive strategies to help him improve.

Suggest four measures that the school and parents can adopt to solve the problems related

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to Rahul's intellectual condition.

Ans :

To address Rahul's backwardness, various systematic measures must be adopted to thoroughly investigate root causes and eradicate the underlying problems.

1. The school and family must arrange for regular health check-ups and appropriate medical treatment. Additionally, changing and positively modifying the home, family, and school environment is crucial to ensure that the child receives a highly supportive and completely stress-free atmosphere.
2. Rahul should be engaged in special education or special schools under the direct guidance of specially trained instructors. A separate curriculum specifically designed for mentally challenged children will prove to be highly beneficial and effective for his overall educational development.
3. Instructors must take personal attention and care, utilizing various teaching aids to enforce the teaching-learning experience through different sensory routes. The school should also launch a cumulative report card system to accurately track his progress over time without standard grading.
4. It is essential to control and minimize negative elements like criticisms, discriminations, and discouragement from the surrounding environment. Furthermore, providing professional counselling and behaviour therapy in group settings helps improve his attention span, frustration tolerance, impulse control, and self-esteem.

EIGHT MARKS QUESTIONS

151. Aisha is undergoing a psychological assessment where the clinical psychologist evaluates her based on the belief that her intellect is not a single general ability. Instead, the psychologist assumes her intelligence is a combination of several intermediate factors that give functional unity to common mental activities.

(i) Identify the psychological theory of intelligence being used by the psychologist.

(ii) Explain any six primary mental abilities proposed in this theory.

Ans :

(i) The psychological theory of intelligence being used to evaluate Aisha is Thurstone's Multi-Factor Theory or Group Factor Theory.

(ii) According to Thurstone's Multi-Factor Theory, the primary mental abilities include the following:

1. Numerical factor (N) denotes the primary mental ability to perform numerical calculations rapidly and accurately. This factor is essential for solving mathematical problems and equations efficiently without making calculation errors, acting as a crucial component of an individual's overall intellectual capacity.
2. Verbal factor (V) refers to the distinct capability of verbal comprehension, which involves formulating verbal relations and understanding complex ideas. It represents how well a person can grasp and interpret written or spoken language, making sense of vocabulary and semantic structures.
3. Spatial visualisation (S) involves the primary mental ability required for any task where the subject manipulates an object imaginatively in space. This skill allows a person to mentally rotate, rearrange, or visualise multidimensional objects and shapes without physically moving them.
4. Memory (M) is the intermediate factor that specifically involves the ability to memorise information quickly and efficiently. This primary mental ability determines how well and how fast an individual can encode, retain, and recall various types of data and new learning experiences.
5. Word fluency (W) is the specific cognitive ability involved whenever the subject is asked to think of isolated words rapidly. It reflects the speed and ease with which a person can generate words meeting certain criteria, independent of their actual verbal comprehension.
6. Inductive reasoning (RI) refers to the capability to infer or conclude on the basis of specific instances. This primary mental ability allows individuals to observe particular examples, identify underlying patterns, and formulate

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general rules or principles based on those specific observations.

152. Meera is a corporate team leader who can accurately appraise the emotional states of her colleagues. She effectively regulates her own emotions to maintain a peaceful workplace, using this crucial information to appropriately guide her daily thinking and managerial actions.

(i) Briefly explain the concept of emotional intelligence as described by Peter Salovey and John D Mayer.

(ii) Discuss five characteristics that Meera would show as a person with high emotional intelligence.

Ans :

(i) Peter Salovey and John D Mayer describe emotional intelligence as a form of social intelligence involving the ability to monitor one's own and others' feelings, discriminate among them, and use this information to guide thinking and action.

(ii) As a person with high emotional intelligence, Meera would display the following characteristics:

1. Meera would be highly capable of perceiving and remaining deeply sensitive to her own internal feelings and emotions. This self-awareness allows her to clearly recognise her emotional states as they occur, forming the foundational characteristic of a highly emotionally intelligent person.
2. She would be able to accurately notice non-verbal cues like body language, facial expressions, and voice intonation. This sensitivity enables her to deeply understand the underlying emotions of others around her, even when those feelings are not explicitly communicated through words.
3. She would be able to successfully control and regulate her own emotions and their expressions. This self-regulation operates both within herself and while dealing with others, which actively helps her to remain peaceful and in perfect harmony with people around her.
4. Meera would possess the critical ability to relate her personal thoughts and emotions in such a constructive way that it directly helps her to solve complex problems and take difficult decisions much more effectively in her professional and personal life.
5. She is fully able to understand the complex nature and the immense power of emotions. She recognises that these emotional states possess a significant capacity to deeply influence and alter her other cognitive processes, allowing her to maintain objective rationality during challenges.

153. Kabir is a seven-year-old child prodigy who shows an unusual alertness, learns basic skills with little practice, and frequently asks probing questions. Though intellectually superior, he sometimes faces emotional imbalances due to his unique developmental pace.

(i) Explain any three needs specific to intellectually superior children like Kabir.

(ii) Discuss four educational measures that schools can employ to solve the problems of such children.

Ans :

(i) The specific needs of intellectually superior or gifted children include the following:

1. Need for knowledge is highly pronounced in these intellectually superior children. Because of their rapid cognitive development, they actively require constant access to advanced information and resources to prevent boredom and fully satisfy their deeply ingrained intellectual curiosity and interests.
2. Need for continuous activity is essential for gifted children who possess immense mental energy. They require dynamic, engaging, and challenging tasks that constantly stimulate their cognitive faculties, ensuring that their exceptionally high concentration capacity and attention span are utilised productively.
3. Need for self-expression and self-establishment at a tender age is a critical requirement. These children need supportive platforms where they can freely articulate their complex, abstract thoughts and showcase their vivid imagination without feeling restricted by standard, age-appropriate developmental expectations.

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(ii) Schools can employ the following educational measures to solve the problems of gifted children:
1. Selection involves thoroughly evaluating academic achievements in the early school years and actively listening to teachers' opinions about these children. It also includes formally measuring their extraordinary intellectual capacities through standardised IQ tests to identify their specific advanced educational requirements.
2. Segregation proposes that these intellectually superior children should be treated separately from the other children in the standard classroom setting. To properly accommodate their unique learning pace, authorities can develop and establish special, dedicated schools exclusively meant for gifted children.
3. Acceleration allows schools to admit these children earlier than normal or make arrangements for double promotions to higher classes. It avoids applying standard gradation systems that limit creativity and focuses on growing a separate, advanced curriculum suited to their rapid pace.
4. Enrichment focuses on initiating special training and advanced academic programs. This measure includes participation in advanced co-curricular activities, providing increased library facilities, using advanced project work techniques, and developing progressive educational tour programmes to fully harness their exceptional intellectual talents.

154. A clinical psychologist is administering a widely used intelligence test to a thirty-year-old patient. The test includes both verbal and nonverbal performance components, giving separate results as well as a full-scale score, and involves tasks like arranging pictures and assembling objects.
(i) Identify the specific intelligence test described in the scenario.
(ii) Name the index score that evaluates an individual's ability to mentally solve arithmetic problems and repeat number series.
(iii) Explain any five subtests belonging to the Performance tests component of this scale.

Ans :

(i) The specific intelligence test described in the scenario is the Wechsler Adult Intelligence Scale III (WAIS III).
(ii) The index score evaluating mental arithmetic and number series repetition is the Working Memory Index.
(iii) The subtests belonging to the Performance tests component of the WAIS III include:
1. Picture Completion is a perceptual reasoning subtest where the testee sees twenty-five pictures and must visually identify the missing features in those pictures. This task effectively evaluates the individual's visual alertness and ability to quickly notice essential details in everyday objects.
2. Block Design requires the testee to replicate specific designs of models or pictures using red and white coloured blocks. This subtest includes nine tasks arranged in an increasing level of difficulty to measure nonverbal problem-solving and spatial organisation skills accurately.
3. Object Assembly is a performance subtest where the testee has to physically assemble puzzle pieces to form common objects. There are five such puzzles provided, and the task evaluates the individual's capability to synthesise parts into a meaningful whole structure independently.
4. Picture Arrangement requires the testee to arrange picture cards presented to him in an out of order, mixed up series. He must sequence them logically to make a sensible story within a strict time limit across eleven such visual tasks.
5. Matrix Reasoning involves a subtest where the testee sees a matrix with a missing component and must identify it from five provided options. The twenty-six nonverbal tasks tested here include pattern completion, classification, analogy, and sequential serial reasoning abilities.

155. Tanya is confused about her occupational path. Her school counselor administers a comprehensive test consisting of 325 items to measure her interests across six areas, converting

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her raw score into a standard score to determine her similarity to working professionals.

(i) Identify the specific interest assessment test administered to Tanya by her counselor.

(ii) Briefly explain how the standard score interpretation indicates similarity or dissimilarity with a profession in this test.

(iii) Explain the four scales or themes used in this test to specify the occupational interest pattern of the individual.

Ans :

(i) The specific test administered to Tanya by her counselor is the Strong-Campbell Interest Inventory (SCII).

(ii) In this test, a standard score of 45 and above shows clear similarity with those in the profession. A score of 25 or less directly indicates dissimilarity with those professionals.

(iii) The Strong-Campbell Interest Inventory specifies the individual's occupational interest pattern through the following themes:

1. General Occupational Themes (GOT) includes six broad areas representing personality types defined by John Holland. It categorises work environments into Realistic, Investigative, Artistic, Social, Enterprising, and Conventional codes to help individuals understand the predominant career interest code present within them.
2. Basic Interest Scales (BIS) specifically reveal the top interests of the testee. This scale is entirely based on the various work activities, leisure activities, projects, and course work that the individual has historically found to be the most motivating and personally rewarding.
3. Occupational Scales (OS) compare the testee's interests to people of the same gender working in 122 occupations. A generated list contains occupations of those specific professionals whose personal interests most closely and accurately match the assessed occupational interests of the testee.
4. Personal Styles Scales (PSS) systematically tells the examiner about the testee's personal preferences regarding their ideal work style and learning environment. It also provides valuable information regarding their specific leadership style, risk-taking attitude, and overall orientation towards collaborative team activities.

156. Examine the following observation report by a school counselor and respond to the questions:
Rohan, a seven-year-old student, exhibits an extraordinary vocabulary and grasps complex scientific concepts much faster than his classmates. He is deeply preoccupied with his own thoughts, frequently asks probing questions about societal injustices, and displays an intense, vivid imagination during unstructured play.

(i) Identify the category of individuals Rohan belongs to based on his intellectual capacity.

(ii) Describe any six common characteristics of such children.

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Ans :

(i) Based on his intellectual capacity, Rohan belongs to the category of 'gifted' individuals.

(ii) Gifted children exhibit strong evidence of high achievement capability and share several common characteristics:

1. These children are highly sensitive and display unusual alertness even in infancy, demonstrating an advanced capacity to perceive and react to their immediate surroundings and stimuli much earlier and more intensely than average children of the exact same chronological age.
2. They are rapid learners who possess the exceptional ability to organise their thoughts quickly, allowing them to grasp complex concepts, process new information efficiently, and apply this newly acquired knowledge to various situations with minimal need for repetitive, extended practice.
3. They possess excellent memory and a vivid imagination, which allows them to retain large amounts of information over long periods and creatively visualise scenarios, ideas, or solutions that are highly original and distinct from typical peer cognitive developmental stages encountered.
4. They use a large vocabulary and complex sentence structures, demonstrating an advanced comprehension of words, metaphors, and abstract ideas, enabling them to articulate their intricate

thoughts and engage in profound conversations that exceed standard age-appropriate linguistic expectations and common norms.

5. Their thoughts are consistently abstract, complex, logical, and insightful, allowing them to systematically analyze intricate problems, draw profound conclusions, and understand deep underlying principles that govern various academic, social, or environmental phenomena encountered regularly in their daily school lives.
6. They possess a significantly longer attention span and high concentration capacity, enabling them to remain deeply focused on specific tasks or areas of interest for extended durations without getting easily distracted by surrounding environmental disruptions, external noises, or casual interruptions.

157. Read the conversation below and answer the questions that follow:

Neha: "Our team leader, Aisha, is incredible. Even when clients are furious, she remains completely calm."

Kabir: "Yes, and she always understands exactly how we are feeling, motivating us to do our best while keeping the team perfectly united and collaborative."

(i) Identify and define the specific form of intelligence Aisha is demonstrating, as suggested by a psychologist in the text.

(ii) Describe the five important components of this intelligence.

Ans :

(i) Aisha is demonstrating Emotional Intelligence, a concept suggested by psychologist Daniel Goleman. It refers to the ability to appraise, express, and regulate emotions effectively while successfully handling interpersonal relationships.

(ii) According to Daniel Goleman, this specific form of intelligence includes five important components:

1. Knowing our own emotions involves a high level of self-awareness where an individual can accurately perceive and be sensitive to their own internal feelings, understanding how these emotions affect their thoughts, behaviour, and overall cognitive processes during various complex situations.
2. Managing our emotions refers to the critical ability to control and regulate one's own emotional expressions, ensuring that the individual remains peaceful and in harmony with others while dealing with stressful situations, rather than reacting impulsively or displaying aggressive tendencies.
3. Motivating ourselves is the capacity to channel emotional energy towards achieving specific goals, reducing stress, and finding contentment, which helps the individual to stay driven, optimistic, and highly focused on personal and professional success despite facing difficult or unexpected challenges.
4. Recognising the emotions of others involves noticing non-verbal cues like body language, facial expressions, and voice intonation, which allows the individual to precisely understand what others are experiencing and respond with appropriate empathy and sensitivity in various daily social interactions.
5. Handling relationships successfully means utilizing the deep understanding of one's own and others' emotions to consciously guide thinking and action, thereby fostering meaningful cooperation, resolving conflicts effectively, and building healthy, productive interpersonal connections in the workplace, family, or social environments.

158. Study the exchange given below and respond to the questions:

Mr. Sharma: "We need an assessment to measure exactly how much expertise the students have actively acquired in mathematics after our six-month training."

Ms. Gupta: "I agree, but we also need a distinctly different assessment to discover their innate potential and predict how well they might perform in future engineering tasks."

(i) Differentiate between the two concepts of measurement being discussed by the teachers.

(ii) Explain four uses of the specific test Mr. Sharma is recommending.

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Ans :

(i) The teachers are discussing the differences between achievement tests and aptitude tests:
1. Aptitude tests measure an individual's innate potential which enables them to perform any kind of activity, whereas achievement tests measure the specific level of expertise or skill a person has actively acquired in a particular task only after receiving formal training.
2. Aptitude tests are specifically designed to help candidates carefully choose from amongst various careers by discovering their innate talents and possibilities of interest, while achievement tests are designed simply to find out exactly how much the students have learnt post-instruction.
3. If a test is administered to reliably predict an individual's future performance or subsequent learning, it is considered an aptitude test, whereas when a test is explicitly used to evaluate an individual's past accomplishments in any area, it reflects achievement.

(ii) The specific uses of Mr. Sharma's recommended achievement test, also known as a proficiency test, include:
1. They can be used to explicitly identify any weakness in the training programme or some kind of slackness by the trainee, allowing educators to bring in necessary changes and effectively resolve specific pedagogical issues identified during the formal evaluation process.
2. They are frequently utilised by education boards to critically examine the overall content of the academic syllabi and systematically evaluate the effectiveness of the various teaching methods currently being implemented by educators across different schools and formal educational training institutions.
3. The definitive results can be used to identify the weakness or the core problem of a learner, which allows teachers to make appropriate, targeted modifications in the method of training or the method of evaluation to better suit student needs.
4. The recorded scores can accurately indicate the specific field in which an individual might do well, the subject or profession they may optimally choose to excel in, and highlight the distinct academic strengths and weaknesses of the testee for future guidance.

159. Based on the case description below, respond to the following:
A career counselor is utilizing a highly popular test battery originally developed by the United States Employment Services. This test incorporates both paper-pencil formats and physical apparatuses to decide where an individual would be best suited to work by measuring specific cognitive and mechanical competencies.
(i) Identify the exact name of the test battery being used.
(ii) How many specific aptitudes are measured by this test battery in total?
(iii) Describe any five aptitudes measured by this test battery.

Ans :

(i) The assessment being used is the General Aptitude Test Battery (GATB).
(ii) This specific test battery measures a total of nine different aptitudes.
(iii) The aptitudes measured by the General Aptitude Test Battery include:
1. Intelligence refers to the general learning ability of an individual, reflecting their scholastic aptitude and capacity to grasp instructions. It is systematically measured and expressed through the sum of scores from the Vocabulary, Arithmetic Reasoning, and Three Dimensional Space assessments.
2. Verbal Aptitude represents the ability to understand the precise meaning of verbal forms of presentation by comprehending words, paragraphs, concepts, and ideas put forth verbally. This aptitude primarily requires identifying words with either similar or opposite meanings in specialized vocabulary tests.
3. Spatial Aptitude refers to the ability of an individual to visually think and accurately understand the relationship between space and objects moving within it. It helps in comprehending the two-dimensional representation of the three-dimensional world and is computed mathematically accordingly.

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4. Form Perception is the definitive ability to identify and perceive significant details in physical objects and graphs. It involves making accurate visual comparisons and discriminations in shapes and shading, and is measured effectively using the standardized Form Matching and Tool Matching tests.
5. Motor Coordination is the highly specific ability to move eyes, hands, and fingers in perfect synchronization to rapidly and accurately make quick, precise physical movements. This component strictly requires the subject to make specific pencil marks in a series of squares.

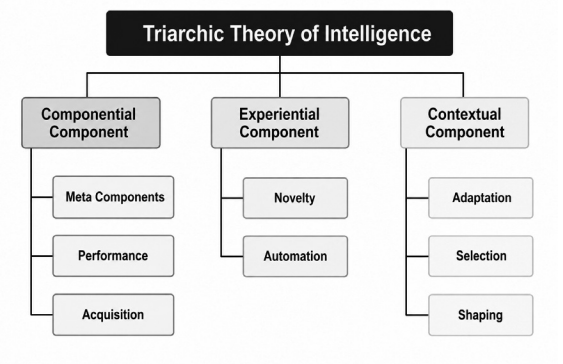
160. Analyse the diagnostic report context provided and answer the questions:
Dr. Singh is preparing to evaluate the intellectual potential of several clients. He is currently deciding whether to use a language-based assessment or a non-verbal puzzle assessment, and whether to administer it exclusively to one client at a time or to a large room of participants simultaneously.

(i) What statistical end result do all these test variations ultimately aim to measure?
(ii) Based on the text, why might Dr. Singh choose to administer an individual test rather than a group test?
(iii) Explain the four different aspects on the basis of which modern intelligence tests are usually classified.

Ans :

(i) All intelligence tests ultimately aim to measure the Intelligence Quotient (IQ).
(ii) In an individual test, the tester gets more input and accurately understands if instructions were fully grasped. Conversely, in group tests, slow learners feel confused and might not provide genuine responses.
(iii) Modern intelligence tests are usually classified on the basis of four different aspects:
1. Nature of tasks classifies tests into language-based verbal tests, where questioning relies heavily on linguistic skills, and performance or non-verbal tests, where the subject manipulates concrete materials without utilizing much language, thus minimizing the direct influence of prior school learning experiences.
2. Nature of administering procedure divides assessments into individual tests, requiring one-on-one consultation where the tester can ensure instructions are perfectly understood, and group tests, which are administered simultaneously to many people but may confuse slow learners or yield non-genuine subjective responses.
3. Nature of scoring procedure categorises tools into defined age scales, which award correct response credits in age to compare against chronological age, and point scales, where the specific individual score is measured directly by awarding exact points for every correct test performance.
4. Time limit and level of difficulty separates assessments into speed tests, requiring extremely fast solving of numerous easy questions within strict timeframes, and power tests, which provide significant time but feature highly difficult analytical questions without considering the testee's performance speed.

161. Analyse the dialogue and answer the questions that follow:
Arun: "I have been observing Ravi's performance lately. He is not very good at abstract, analytical thinking or academic problem-solving tasks."
Bina: "I completely agree, but you have to admit his street smartness is incredible. Whenever he faces a new, unpredictable situation in the market, he finds a brilliant out-of-the-box solution to fix it. If he can't adjust to the situation, he just changes the environment to suit his own needs."



(i) Identify the psychological theory of intelligence depicted in the diagram.
(ii) Describe the specific dimension of intelligence that Ravi demonstrates predominantly,

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including the three processes involved.

Ans :

(i) The psychological concept depicted in the image is Robert Sternberg's Triarchic Theory of Intelligence.

(ii) Ravi prominently demonstrates Contextual or Practical intelligence, which involves dealing with environmental changes. This dimension operates through the following mechanisms:

1. Contextual or practical intelligence is an interesting dimension where individuals demonstrate a strong practical and adaptive sense in solving daily life problems effectively. They successfully find solutions through three specific processes which include adapting, shaping, and selecting the most favourable environment.
2. Adaptation is the critical process of modifying or changing oneself so that the individual adjusts better or fits seamlessly into the existing surroundings. For instance, people instinctively use raincoats during the monsoon season to keep themselves entirely dry in the pouring rain.
3. Shaping the environment occurs when an individual deliberately modifies their current surroundings to better suit their personal needs and requirements. This proactive approach ensures that the immediate environment aligns perfectly with their personal goals, enhancing overall efficiency and functional convenience significantly.
4. An excellent example of shaping is when a mother imposes a strict rule that dinner will be served exactly at 9 pm for everyone. This ensures the family eats together and allows her to wrap up her work in time for adequate rest.
5. Selection is the strategic process undertaken when individuals do something completely different so that a completely new environment replaces the old, inefficient one. This involves identifying and choosing an alternative path or setting that yields far better practical and functional professional outcomes.
6. For example, a Florida garbage collector innovatively selected a new method of transferring an empty can to the next house instead of returning it to the truck. This practical intelligence helped him find an out-of-the-box solution, working more productively and highly effectively.

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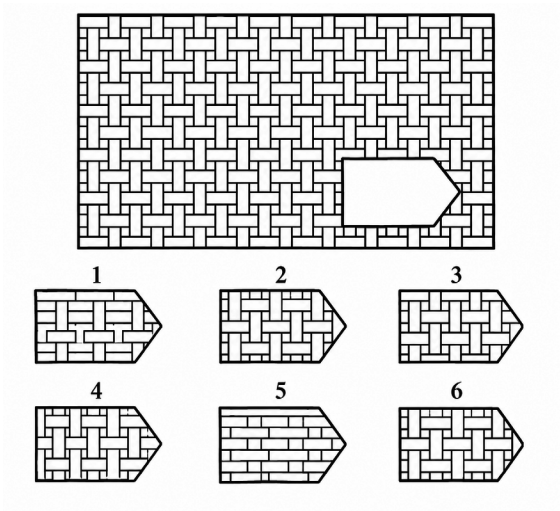
162. Study the scenario given below and respond to the questions:

A clinical psychologist in India wishes to conduct a large-scale intellectual assessment of young children and elderly adults from a remote tribal community. These individuals have no formal educational background, exhibit moderate learning difficulties, and do not speak the mainstream language. The psychologist uses a specific test involving visual geometric patterns.



(i) Identify the psychological test shown in the image and state why it is appropriate for these test subjects.

(ii) Describe the various versions of this specific test available for participants of different cognitive abilities.

Ans :

(i) The image shows Raven's Progressive Matrices (RPM). This is a culture-fair, non-verbal test that does not require any language skills, making it perfectly appropriate for subjects with no formal education or those lacking mainstream language proficiency.

(ii) The test features three distinct versions meticulously tailored for participants of vastly different abilities and age groups:

1. The Standard Progressive Matrices are specifically designed as the original form of the matrices, made primarily for average six-year-olds to eight-year-olds. This foundational version consists of five distinct sets, ranging from A to E, containing twelve unique cognitive items in each individual set.
2. Within the Standard Progressive Matrices, the items in each set are systematically organised at a progressively increasing difficulty level. Furthermore, all the visual items are presented using solid black ink displayed prominently against a completely plain and clear white background to ensure optimal clarity.
3. Coloured Progressive Matrices are effectively utilised for younger children, elderly individuals, and people exhibiting moderate to severe learning difficulties. This version directly includes sets A and B from the standard format, alongside an additional intermediate set of twelve items specifically referred to as AB.
4. In the Coloured Progressive Matrices, the vast majority of the items feature a bright coloured background to make them visually stimulating for the target group. However, the final few items of Set B transition back to black ink against a plain white background.
5. Advanced Progressive Matrices are meticulously designed for adolescents and adults who actively demonstrate clear signs of being intellectually above average. This highly challenging version features forty-eight complex items divided strictly into Set I and Set II, presented entirely in black ink on a white background.

163. Examine the following case report and answer the questions:

A school counselor is evaluating an 8-year-old child, Kabir, who has been struggling significantly with regular coursework. Following a standardised assessment, Kabir's intelligence quotient is recorded precisely at 60. The counselor informs his parents that while his academic and physical milestones are delayed, he has strong potential to adjust socially.

Functional Areas	Mildly Retarded (IQ: 55-69)	Moderately Retarded (IQ: 40-54)	Severely Retarded (IQ: 25-39)	Profoundly Retarded (IQ: Below 25)
Intellectual level	Concrete thinker. Learns academic skills up to 6th–8th grade level.	Concrete thinker. Learns academic skills up to 2nd–4th grade level.	Very concrete thinker. Learns academic skills up to pre-primary level.	Thinking limited to sensory experiences. No academic skills attainable.
Academics	Can read, write and do arithmetic. Academic skills up to elementary or middle school level.	Can read simple sentences and do simple arithmetic. Academic skills up to primary school level.	May recognise letters, numbers and colors. Academic skills up to pre-primary level.	No academic skills attainable.
Social Skills	Immature in social judgment. Can make and keep friends. Needs some guidance.	Socially immature. Self-help skills develop with training. Needs constant supervision.	Dependent on others for most activities. Minimal social interaction.	Dependent on others for all activities. No meaningful social interaction.
Motor Skill development	Motor skills slightly clumsy. Can learn occupational skills.	Motor skills clumsy. Can perform simple occupational tasks with supervision.	Gross motor skills present. Fine motor skills poorly developed.	Gross motor skills limited. Fine motor skills absent or minimal.
Speech and Communication	Speech and communication develop, may have errors in grammar.	Speech develops. Vocabulary limited. Can communicate basic needs.	Speech limited to simple words or phrases. May use gestures.	Little or no useful speech. Communicates through cries or gestures.
Mortality rate	Normal or slightly above normal.	Slightly above normal.	Moderately above normal.	High.

(i) Based on the data provided, classify Kabir's exact level of retardation and describe his expected academic and motor skill development.

(ii) Discuss four structured educational measures that can be actively adopted by the school and family to solve the problems of his backwardness.

Ans :

(i) Based on the classification criteria for backward children, Kabir falls into the specific category of mildly mentally retarded, as his IQ is between 55 and 69.

1. Regarding his expected academic development, children in this specific mildly retarded classification generally function as slow learners in school. They frequently repeat early grades but importantly remain fully educable if given the correct foundational support and appropriate educational pacing.
2. In terms of motor skill development, a mildly mentally retarded child typically experiences noticeably delayed physical development during early life. Their essential developmental milestones are generally achieved around one full year later than what is expected of an average child of the exact same age.
3. Despite these notable academic and physical delays, Kabir retains a strong functional capacity for healthy social integration. His overall social adjustment is comparable to an adolescent, and he remains fully capable of forming meaningful friendships and adjusting relatively fast to his surrounding social environment.

(ii) Several vital educational measures can be implemented to effectively address and solve

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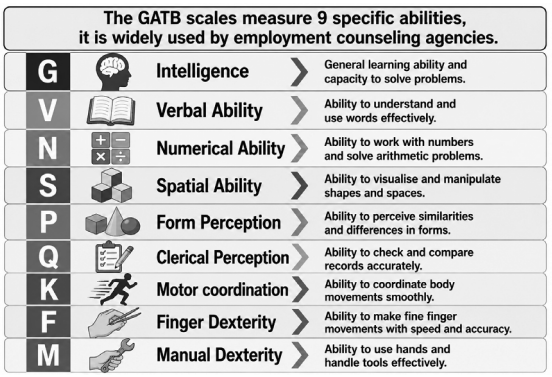
the multifaceted problems of intellectual backwardness:

1. One crucial educational measure involves conducting regular health check-ups and providing necessary medical treatment to address any underlying physical issues. Identifying and mitigating these root physiological causes can significantly enhance the child's overall comfort, functional focus, and subsequent responsiveness to various tailored learning interventions.
2. Engaging mentally retarded or challenged children in specialised education programs or dedicated special schools is highly beneficial. Under the careful, structured guidance of specially trained instructors, these tailored educational environments provide the exact structural support and paced learning necessary for their optimal cognitive development.
3. Taking deliberate personal attention and care is absolutely vital for their sustained academic progress. Educators must actively utilise various specialised teaching aids to strongly enforce the teaching-learning experience through multiple different sensory routes, ensuring the core concepts are absorbed far more effectively by the individual learner.
4. Controlling and systematically minimising negative environmental elements, such as harsh criticisms, unfair discriminations, and constant discouragement, is essential. Creating a highly supportive and distinctly positive surrounding helps significantly in removing short attention spans, low frustration tolerance, and severely diminished self-esteem among mentally challenged children.

164. Based on the career counselling session below, respond to the following:

Priya undergoes a comprehensive vocational assessment to determine her ultimate suitability for administrative and proofreading roles. The occupational psychologist administers a test battery relying heavily on paper-and-pencil tasks. Priya scores exceptionally high on tests that require her to swiftly and accurately identify minute differences in written copy, tables, and long lists.


The GATB scales measure 9 specific abilities, it is widely used by employment counseling agencies.
G
Intelligence
General learning ability and capacity to solve problems.
V
Verbal Ability
Ability to understand and use words effectively.
N
Numerical Ability
Ability to work with numbers and solve arithmetic problems.
S
Spatial Ability
Ability to visualise and manipulate shapes and spaces.
P
Form Perception
Ability to perceive similarities and differences in forms.
Q
Clerical Perception
Ability to check and compare records accurately.
K
Motor coordination
Ability to coordinate body movements smoothly.
F
Finger Dexterity
Ability to make fine finger movements with speed and accuracy.
M
Manual Dexterity
Ability to use hands and handle tools effectively.

(i) Name the exact specific aptitude that Priya exhibits based on her stellar performance in proofreading tasks.

(ii) Identify the exact specific test within the battery used to measure this particular aptitude.

(iii) Describe any five other specific aptitudes (excluding G and V) measured by this comprehensive test battery.

Ans :

(i) Based on her distinct performance in identifying differences in lists, Priya exhibits a high degree of Clerical Perception (Q).

(ii) The specific test successfully used to measure this exact aptitude is called the Name Comparison test.

(iii) The General Aptitude Test Battery (GATB) carefully measures several other vital aptitudes required for a wide range of occupations:

1. Numerical Aptitude specifically checks the individual's inherent ability to quickly solve various arithmetic problems with considerable speed and precision. This important aptitude is accurately assessed using the Computation and Arithmetic Reasoning test, which extensively evaluates the core mathematical processing capabilities of the tested individual.
2. Spatial Aptitude explicitly refers to an individual's unique cognitive ability to visually think and practically understand the complex relationship between space and objects moving within it. It greatly helps people comprehensively understand the two-dimensional representation of

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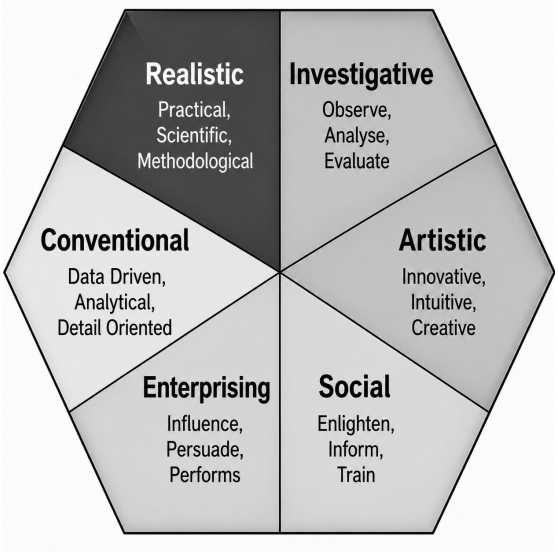
our expansive three-dimensional world, measured accurately by the Space Test.

3. Form Perception represents the specific visual ability to accurately identify and instantly perceive significant minute details in objects and drawn graphs. It crucially involves making accurate visual comparisons and fine discriminations regarding external shapes and shading, measured precisely through the Form Matching and Tool Matching tests.
4. Motor Coordination is the essential physical ability to simultaneously move the eyes, hands, and fingers in perfect coordination, seamlessly executing rapid and highly accurate precise movements. The specific test measuring this functional component directly requires the subject to make specific pencil marks in a series of squares.
5. Finger Dexterity fundamentally indicates the practical physical ability to securely manipulate very small objects both quickly and highly accurately using only the fingers. This highly specific mechanical aptitude is effectively measured by dedicated test modules which specifically require assembling and subsequently disassembling tiny reverts and metal washers.

165. Read the psychological assessment summary below and answer the questions that follow:

Aman takes a highly popular occupational interest inventory to help guide his upcoming university choices. After completing the 291-item questionnaire, his profile summary demonstrates that he is heavily "Investigative" and "Realistic" in his approach to life situations, but scores extremely low on all "Social" related themes, preferring practical and analytical environments over training or enlightening others.



(i) Name the specific psychological interest inventory that extensively uses these six themes.

(ii) Identify the psychologist who initially defined these six personality types and clearly state his fundamental belief regarding occupational work environments.

(iii) Explain the four distinct types of scales or themes seamlessly provided by this comprehensive inventory to specify an individual's interest pattern.

Ans :

(i) The psychological assessment tool described in the scenario is the Strong-Campbell Interest Inventory (SCII).

(ii) John Holland successfully defined these six broad personality types. He fundamentally believed that everyday work environments could also be systematically categorised into these exact same six distinct psychological types.

(iii) The inventory provides a highly comprehensive analytical report of an individual's occupational interest pattern by meticulously employing the following four structural themes:

1. General Occupational Themes consist of six broad analytical areas representing the distinct personality types explicitly defined by John Holland. These unique overarching codes carefully assess an individual's core interests and broad cognitive approaches to diverse life situations, precisely matching them

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with calculated average scores for their specific gender.

2. Basic Interest Scales are specifically designed to accurately reveal the individual's very top and most dominant occupational interests. This comprehensive supplementary scale is intricately based on the specific physical work activities, leisure projects, and intense course work that the tested person has historically found most motivating and deeply rewarding.
3. Occupational Scales generate highly critical comparative results by directly matching the testee's specific interests to the established interests of people of the same gender actively working across 122 different occupations. It subsequently generates a highly definitive, actionable list containing the exact professional occupations that most closely match the testee.
4. Personal Styles Scales provide highly detailed and incredibly insightful information strictly regarding the testee's distinct personal preferences about their ideal work style and optimal learning environment. It additionally evaluates their preferred leadership style, inherent risk-taking attitude, and overall psychological orientation towards collaborative team-based professional group activities.

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CHAPTER 02
Personality

MULTIPLE CHOICE QUESTION

1. A clinical psychologist is conducting a behavioural rating of a client. Because the psychologist highly appreciates the client's polite speaking style, he unintentionally rates the client's problem-solving skills and emotional stability as exceptionally high.
Identify the specific assessment error depicted in this situation.
(a) Unstructured observation bias
(b) The halo effect
(c) Middle category bias
(d) Extreme response bias

Ans :

(b) The halo effect
The halo effect occurs during behavioural ratings when an evaluator's overall assessment of an individual is heavily coloured by their liking or disliking of just one single trait. In this specific case, the single positive trait of politeness has improperly elevated all other unrelated psychological scores, skewing the evaluation process.

2. Meera rarely asserts her own needs in a group setting and patiently agrees to whatever her colleagues decide. She consistently suppresses her anger and complies with the demands of her supervisors to avoid any friction.
Which personality type does Meera exhibit?
(a) Type A
(b) Type B
(c) Type C
(d) Type D

Ans :

(c) Type C
Meera exhibits Type C personality characteristics. According to Morris's extension of Friedman's theory, individuals with Type C personalities are highly co-operative, unassertive, and patient. They tend to suppress their negative emotions to avoid conflict and remain compliant to authority figures, which perfectly matches Meera's workplace behaviour in the given scenario.

3. Rahul is extremely stubborn and demands absolute perfection in everything he does. He becomes highly anxious if his perfectly organized desk is even slightly disturbed.
Which childhood developmental crisis is most likely responsible for Rahul's current behaviour?
(a) Too little gratification during the oral phase.
(b) Overly harsh toilet training during the anal phase.
(c) An unresolved Oedipus complex during the phallic phase.
(d) Inadequate social interactions during the latency phase.

Ans :

(b) Overly harsh toilet training during the anal phase.
Rahul's extreme stubbornness, compulsivity, and excessive strive for perfection indicate a fixation during the second developmental stage. According to psychoanalytic theory, these personality characteristics are the direct result of overly harsh toilet training during the anal stage, leading to a lingering psychological focus on strict orderliness and absolute physical control.

4. A student firmly believes that he is highly independent and capable of making his own life choices, even though his parents constantly overprotect him and dictate his daily routine. To reduce his mental anxiety, he interprets their controlling behaviour as normal parental love.
What psychological process is the student using to cope with his reality?
(a) Displaying unconditional positive regard.
(b) Striving toward ultimate self-actualisation.
(c) Denying the actual circumstances entirely.
(d) Distorting his perception of reality.

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Ans :

(d) Distorting his perception of reality.
The student is experiencing incongruence between his self-concept of being highly independent and his real-life experience of being overprotected. To cope with this resulting anxiety, he actively uses distortion. This involves altering his perception of reality—interpreting controlling behaviour as normal love—to make it consistent with his established self-concept.

5. Aditi is training for a local marathon. She knows she cannot win the first prize, but she creates a personal goal to finish the race within three hours. When she successfully meets this time limit, she feels immensely proud and treats herself to a good meal.
Identify the cognitive process Aditi is demonstrating.
(a) Evaluating her actions through self-reinforcement.
(b) Imitating a symbolically presented behaviour.
(c) Depending heavily on an external locus of control.
(d) Setting an expectation of an external reward.

Ans :

(a) Evaluating her actions through self-reinforcement.
Aditi is demonstrating self-reinforcement, a key concept in cognitive social learning theory. People do not just look forward to external rewards; they also evaluate their own actions by establishing self-set goals. Meeting these personal targets brings them happiness and a sense of appreciation for their work, positively reinforcing the behaviour.

6. A manager believes that no matter how hard he works, his career progression is entirely dependent on corporate politics and market conditions that he cannot influence. He feels insecure about his future and often doubts his ability to succeed.
Which psychological state is this manager most likely to experience as a result of his belief system?
(a) A strong sense of functional autonomy.
(b) A severe state of learned helplessness.
(c) A perception of unconditional positive regard.
(d) A heightened level of self-efficacy.

Ans :

(b) A severe state of learned helplessness.
The manager clearly exhibits an external locus of control, believing that outside forces dictate his life events and career progression. According to social learning theorists, when individuals feel they have little or no control over what happens to them, they frequently feel insecure and ultimately develop a state of learned helplessness.

7. Sameer experienced an unstable childhood with rejecting parents, which made him feel deeply insecure. As an adult, he avoids forming close social relationships, prefers to work completely alone, and distances himself from colleagues to protect himself from potential emotional pain.
Which coping model is Sameer utilizing to manage his underlying anxiety?
(a) Moving towards others through excessive compliance.
(b) Moving against others by dominating his peers.
(c) Moving away from others using a withdrawn style.
(d) Moving past others by achieving superior intellect.

Ans :

(c) Moving away from others using a withdrawn style.
Sameer is using the withdrawn style of social interaction, which involves moving away from others. According to Neo-Freudian perspectives, a child who experiences basic anxiety due to rejecting parents may cope by avoiding social relationships altogether. This protects the individual from the emotional pain of social interactions but hinders growth.

8. An individual is known among his peers for his intellectual curiosity and deep appreciation for variety. He loves travelling to unfamiliar places, eagerly tries exotic cuisines, and constantly explores unconventional ideas, rejecting a simple and routine lifestyle.
Identify the personality dimension that best captures these characteristics.
(a) High extraversion
(b) High agreeableness
(c) High conscientiousness
(d) High openness to experience

Ans :

(d) High openness to experience

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The individual demonstrates a high degree of openness to experience. In the five-factor model, this dimension characterizes people who have a strong preference for novelty, intellectual curiosity, and creativity. They exist on the opposite end of the spectrum from those who prefer a simple, down-to-earth lifestyle without much interest in new things.

9. Vikram, aged 50, dedicates his weekends to mentoring young professionals in his community and organizing charity drives. He feels a deep responsibility to guide the younger generation, rather than spending his free time and resources solely on his own personal luxuries.
Which psychosocial crisis has Vikram successfully resolved?
(a) Generativity versus Self-absorption
(b) Identity versus Role confusion
(c) Intimacy versus Isolation
(d) Integrity versus Despair

Ans :

(a) Generativity versus Self-absorption
Vikram has successfully resolved the crisis of generativity versus self-absorption, which typically occurs during middle age. By mentoring young professionals and organizing charity drives, he demonstrates a clear concern for guiding younger persons. If he had failed this stage, he would have focused only on satisfying his own selfish needs.

10. A child initially started playing the piano simply to earn praise and rewards from her strict parents. However, as she grew into adulthood, she continued playing the instrument for hours every day purely for the immense joy and personal satisfaction it brought her.
Which principle of personality development explains this shift in motivation?
(a) The establishment of conditions of worth.
(b) The application of the reality principle.
(c) The development of functional autonomy.
(d) The formation of unconditional positive regard.

Ans :

(c) The development of functional autonomy.
This shift in motivation is perfectly explained by the concept of functional autonomy. Proposed by trait theorists, this principle suggests that behaviour patterns initially acquired for one specific purpose can eventually become completely independent and continue for entirely new reasons, such as personal enjoyment or satisfaction later in an individual's life.

11. Sunita is very cooperative at her workplace. She patiently handles unreasonable clients, never complains to her manager, and usually suppresses her anger to avoid conflicts with her colleagues.
Which one of the following personality profiles best captures Sunita's behavioural pattern?
(a) Type-A personality
(b) Type-B personality
(c) Type-C personality
(d) Type-D personality

Ans :

(c) Type-C personality
According to Morris's extension of Friedman's type theory, individuals exhibiting patience, unassertiveness, cooperativeness, and the suppression of negative emotions to comply with authority are categorized as having a Type-C personality. Sunita's tendency to suppress her anger and remain overly patient with unreasonable clients perfectly aligns with these distinct personality characteristics.

12. An individual feels a sudden, intense urge to snatch food from another person's plate because they are extremely hungry. However, they decide to buy their own food instead, considering the social consequences of their actions.
Which component of the personality structure is responsible for delaying immediate gratification and considering external reality?
(a) The id
(b) The ego
(c) The superego
(d) The preconscious

Ans :

(b) The ego
The ego operates on the reality principle, acting as a mediator between primitive instinctual drives and the external world. It prevents the direct expression of unacceptable impulses by considering the external consequences of actions, thus delaying immediate gratification until an appropriate and socially acceptable outlet is successfully found in reality.

13. Rahul grew up with indifferent and rejecting parents, making him feel highly insecure.

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As he grew older, he started dominating his peers, overpowering them in discussions, and aggressively taking charge of group projects to protect himself.
Which defensive style of social behaviour is the child using to cope with his underlying feelings of weakness?
(a) Moving towards others
(b) Moving against others
(c) Moving away from others
(d) Moving along with others

Ans :

(b) Moving against others
Karen Horney theorized that a child experiencing basic anxiety due to parental indifference may adopt an aggressive style to protect themselves. By dominating and overpowering others, the individual denies their basic anxiety and masks feelings of weakness, attempting to gain a sense of control and security in their interpersonal relationships.

14. A student initially joins the school debate club simply because her parents forced her to improve her public speaking skills. Over the years, she develops a deep passion for debating and continues to participate enthusiastically even after graduating.
Which psychological principle explains this transformation of an acquired behaviour becoming a motive in itself?
(a) Secondary traits
(b) Self-reinforcement
(c) Observational learning
(d) Functional autonomy

Ans :

(d) Functional autonomy
Gordon Allport proposed the concept of functional autonomy, which suggests that behaviour patterns initially acquired for a specific purpose can eventually become independent motives. The student's debating started to please her parents but transformed into a self-sustaining activity pursued entirely for her own enjoyment and personal satisfaction later in life.

15. During an annual corporate performance appraisal, a manager is evaluating an employee's diverse skills. Because the manager highly appreciates the employee's punctuality, he rates the employee exceptionally well on teamwork, creativity, and leadership, despite average performance in these areas.
Which assessment bias is prominently interfering with the manager's objective evaluation?
(a) Halo effect
(b) Extreme response bias
(c) Middle category bias
(d) Central trait bias

Ans :

(a) Halo effect
The halo effect occurs during behavioural ratings when an evaluator's overall assessment of an individual is heavily coloured by their liking or disliking of a single trait. Here, the manager's positive impression of the employee's punctuality incorrectly inflates the ratings across entirely unrelated performance categories like creativity and teamwork.

16. An artist gets so deeply engrossed in painting a beautiful landscape that she loses all sense of time, space, and self-consciousness. She feels a profound sense of spontaneous joy, intense happiness, and deep connection with the universe.
Which specific psychological state describes the profound feeling experienced by the artist in this moment?
(a) Self-actualization stage
(b) Peak experience
(c) Fully functioning state
(d) Ego transcendence

Ans :

(b) Peak experience
Abraham Maslow described peak experience as a state where self-actualized individuals experience intense happiness, ego transcendence, and a deep connection to something greater. It often occurs during creative activities or moments in nature, causing the person to lose self-doubt and feel completely and spontaneously present in the current moment.

17. Amit frequently fails his mathematics examinations. Instead of reviewing his study habits or practicing more problems, he consistently claims that the teacher sets unfairly difficult papers and that his final grades are entirely dependent on bad luck.
Which cognitive orientation is primarily driving Amit's explanation for his academic failures?
(a) Internal locus of control

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(b) Low self-efficacy
(c) External locus of control
(d) Negative self-concept

Ans :

(c) External locus of control
Julian Rotter's concept of an external locus of control describes individuals who believe that outside forces, fate, or luck dictate whatever happens to them. Amit attributes his continuous academic failures to the teacher and bad luck, demonstrating a firm belief that he has little to no personal control over his grades.

18. A professional constantly seeks out unconventional travel destinations, loves experimenting with exotic cuisines, and enjoys exploring complex philosophical ideas. He strongly dislikes routine and actively avoids mundane, predictable work schedules.
According to the five-factor model, on which underlying dimension of personality would this individual score the highest?
(a) Conscientiousness
(b) Agreeableness
(c) Extraversion
(d) Openness to experience

Ans :

(d) Openness to experience
In Costa and McCrae's five-factor model, openness to experience represents the degree of a person's intellectual curiosity, creativity, and preference for novelty. The professional's constant desire to seek unconventional travel, exotic food, and complex ideas, while avoiding predictability, clearly indicates a very high score on this specific personality dimension.

19. Mr. Verma, aged 45, spends his weekends mentoring young college graduates and organizing community welfare programs. He feels a deep sense of satisfaction knowing that his guidance is actively helping the next generation succeed in their careers.
Which psychosocial stage of development is Mr. Verma successfully resolving through his community actions?
(a) Identity versus Role Confusion
(b) Intimacy versus Isolation
(c) Integrity versus Despair
(d) Generativity versus Self-absorption

Ans :

(d) Generativity versus Self-absorption
According to Erik Erikson, the middle adulthood stage revolves around the crisis of generativity versus self-absorption. Favourable outcomes involve a sincere concern for family and society. Mr. Verma demonstrates successful resolution by actively mentoring youth and organizing community programs, thereby contributing meaningfully to the growth of the next generation.

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20. During a psychological assessment, a patient is shown a series of unstructured, symmetrical patterns. The interpreting psychologist notices that the patient's responses are heavily dominated by the perception of colours rather than perceived movements.
Based on the standard scoring principles of this specific projective technique, what does this response pattern indicate about the subject?
(a) An extrovert nature
(b) A strong imaginative power
(c) An introverted personality
(d) An anxious and depressed attitude

Ans :

(a) An extrovert nature
In the interpretation of the Rorschach Ink-blot test, determinants indicate how the blot is perceived. According to standard scoring guidelines, providing a greater number of colour responses compared to movement responses signifies an extrovert nature. Conversely, more movement responses would indicate introversion or a strong imaginative power in the subject.

21. Rhea perceives herself as a highly independent and responsible student. When her parents constantly check her assignments and restrict her outings, she convinces herself that they are merely expressing normal parental affection rather than admitting she is being over-protected.
Which one of the following explains her psychological reaction?
(a) She alters her perception of the situation to maintain alignment with her self-belief.
(b) She projects her unfulfilled desires onto her parents to reduce her inner anxiety.
(c) She shifts her basic hostility towards an acceptable target to avoid feeling helpless.
(d) She modifies her overt behaviour to gain the social approval of her parents.

Ans :

(a) She alters her perception of the situation to maintain alignment with her self-belief.
According to Carl Rogers, when an individual's self-concept clashes with reality, they experience anxiety due to incongruence. To cope, the individual often distorts the perception of reality to make it consistent with their self-concept. Rhea alters her perception of her parents' restrictive behaviour to preserve her strong self-concept of being an independent person.

22. Vikram grew up in a household where his parents were emotionally indifferent and often neglected his needs. As an adult, he constantly tries to overpower his colleagues at work, aggressively dominating team meetings and refusing to show any vulnerability.
Which one of the following brings out the underlying cause of his workplace behaviour?
(a) He is trying to establish moral constraints over his primitive instincts.
(b) He is striving to achieve a state of self-actualisation and full potential.
(c) He is attempting to protect himself by masking his unresolved basic anxiety.
(d) He is exhibiting a strong cardinal trait that dictates his lifelong motives.

Ans :

(c) He is attempting to protect himself by masking his unresolved basic anxiety.
Karen Horney proposed that parental indifference causes basic anxiety in children. To cope with this feeling of weakness, an individual may adopt an aggressive style, 'moving against others.' Vikram protects himself by dominating his colleagues and denying his underlying vulnerability, leaving his deep-rooted feelings of weakness and anxiety entirely unresolved.

23. Sneha has been struggling to clear her competitive entrance examinations despite multiple attempts. She has now stopped studying entirely, claiming that the examination boards are inherently biased and that luck is simply never on her side, no matter how hard she works.
Which one of the following correctly interprets her current perspective?
(a) She believes that her intrinsic capabilities are insufficient for complex academic tasks.
(b) She feels that external factors dictate outcomes, leading to a sense of helplessness.
(c) She expects a highly favourable consequence and is waiting for the right opportunity.
(d) She demonstrates low sociability and prefers withdrawing from competitive environments.

Ans :

(b) She feels that external factors dictate outcomes, leading to a sense of helplessness.
Rotter's theory suggests that people with an external locus of control believe outside forces dictate their experiences. Sneha blames the examination board and luck, showing she feels she has little control over outcomes. This external attribution leads to learned helplessness, causing her to completely abandon her efforts to succeed academically.

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24. During a group project, Rohan always meticulously plans the timeline, ensures that all his deliverables are completed well before the deadline, and carefully reviews the final presentation. In contrast, his teammate Aman often loses track of time, forgets his assigned tasks, and acts on sudden impulses.
Which one of the following dimensions highlights the primary difference between the two teammates?
(a) The degree of intellectual curiosity and preference for novel experiences.
(b) The tendency to be compassionate, trusting, and cooperative with others.
(c) The inclination to experience unpleasant emotions like anger and anxiety.
(d) The extent to which they are organised, dependable, and disciplined.

Ans :

(d) The extent to which they are organised, dependable, and disciplined.
In Costa and McCrae's Five Factor Model, conscientiousness refers to a person's tendency to be organised, dependable, dutiful, and disciplined at one end, or disorganised and irresponsible at the other. Rohan's meticulous planning represents high conscientiousness, whereas Aman's impulsive and forgetful behaviour demonstrates a distinct lack of this particular trait.

25. Tarun is walking through a supermarket and spots a very expensive watch that he really wants but cannot afford. A sudden urge tells him to just slip it into his pocket and walk away. However, he stops himself, realising that stealing

is ethically wrong and would bring immense shame to his family if he gets caught.
Which one of the following describes the psychological conflict taking place in his mind?
(a) His objective reality is conflicting with an underlying biological predisposition toward aggression.
(b) His primitive instinct is demanding immediate gratification, but his moral conscience prevents the action.
(c) His preconscious thoughts are trying to emerge, but they are actively repressed by his conscious mind.
(d) His need for social belongingness is clashing with his higher-level need for self-actualising growth.

Ans :

(b) His primitive instinct is demanding immediate gratification, but his moral conscience prevents the action.
According to Freud, personality is structured into the Id, Ego, and Superego. The Id operates on the pleasure principle, seeking immediate gratification like Tarun's urge to steal. The Superego operates on the morality principle, representing societal conscience and ethical values, which successfully restrains Tarun from committing an unacceptable act.

26. Rahul believes he is an exceptionally talented singer destined for fame. However, whenever he performs, the audience seems disinterested and he receives poor feedback. To protect his self-image, he convinces himself that the audience is just uncultured and lacks the refined taste to appreciate his complex music.
Which of the following statements best explain Rahul's psychological state and the mechanism he is using?
(P) He is exhibiting a significant gap between his self-concept and his real self experience.
(Q) He is altering his perception of reality to make it consistent with his beliefs about himself.
(R) He is completely refusing to acknowledge the existence of the audience's poor feedback.
(S) He has achieved a state where his lower-order deficiency needs are completely satisfied.
(a) Only (P) and (R)
(b) Only (P) and (Q)
(c) Only (Q) and (S)
(d) Only (R) and (S)

Ans :

(b) Only (P) and (Q)
According to Carl Rogers' humanistic theory, Rahul experiences incongruence because his self-concept (being a great singer) clashes with his real self-experience (poor feedback). To cope with the resulting anxiety, he uses distortion, altering his perception of the audience's reaction to maintain his unrealistic self-concept, rather than using denial to completely ignore the reality.

27. Sunita and Kavita are colleagues who recently failed to secure a major client for their company. Sunita feels that she should have prepared a better presentation and immediately signs up for a communication skills workshop. Kavita, on the other hand, believes that the client was already biased towards a rival firm and there was nothing they could have done to change the outcome.
Which of the following statements accurately reflect the belief systems of the two colleagues?
(P) Sunita believes that outside forces dictate her experiences and outcomes.
(Q) Kavita feels insecure and helpless, believing she has little control over what happens to her.
(R) Sunita believes that her own actions and skills shape her destiny and environment.
(S) Kavita views all difficulties as challenges and is less prone to feeling helpless.
(a) Only (P) and (S)
(b) Only (Q) and (P)
(c) Only (Q) and (R)
(d) Only (R) and (S)

Ans :

(c) Only (Q) and (R)
J.B. Rotter's social learning theory outlines locus of control. Sunita exhibits an internal locus of control, believing her own actions and preparation shape her destiny. Kavita demonstrates an external locus of control, feeling helpless and believing that outside forces, such as client bias, completely dictate the outcome of their efforts.

28. Varun grew up in a household with indifferent and unpredictable parents. As an adult, he avoids forming close relationships, prefers to work in isolation, and actively distances himself from social gatherings. His brother, Tarun, copes differently by constantly trying to dominate his team members and overpowering anyone who disagrees with him at work.

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Which of the following statements represent the behavioural styles adopted by Varun and Tarun to handle their underlying childhood anxieties?
(P) Varun relies on an aggressive style, expressing basic hostility while denying his weaknesses.
(Q) Varun relies on a withdrawn style, depriving himself of opportunities for growth in the social realm.
(R) Tarun uses a passive style, seeking security by being excessively compliant to gain approval.
(S) Tarun uses a dominating approach to protect himself, leaving his feelings of weakness unresolved.
(a) Only (Q) and (S)
(b) Only (P) and (R)
(c) Only (P) and (S)
(d) Only (R) and (Q)

Ans :

(a) Only (Q) and (S)
Karen Horney's neo-Freudian theory describes interpersonal coping styles. Varun displays a withdrawn style (moving away from others) by avoiding relationships to protect himself from pain. Tarun exhibits an aggressive style (moving against others) by dominating his colleagues, which masks his unresolved basic anxiety and underlying feelings of weakness.

29. Meera visits a clinical psychologist for an assessment. During the session, the psychologist hands her a series of cards featuring vague and indefinite scenes with human characters. She is given no time to think and is immediately asked to narrate a story about what led to the scene, what is happening, and how it will end.
Which of the following statements correspond to the nature and purpose of the psychological test administered to Meera? (Understanding)
(P) It evaluates personality by measuring how much a person's responses deviate from the general population.
(Q) It expects the subject to unknowingly project their inner conflicts, desires, and impulses into the narrative.
(R) It requires the subject to perceive and describe completely unstructured, bilaterally symmetrical ink-blots.
(S) It is scored by analyzing elements like the hero of the plot, the style of expression, and the recurring themes.
(a) Only (P) and (R)
(b) Only (R) and (Q)
(c) Only (P) and (S)
(d) Only (Q) and (S)

Ans :

(d) Only (Q) and (S)
The scenario describes the Thematic Apperception Test (TAT), a projective technique. By asking Meera to narrate stories based on ambiguous pictures with human characters without time to think, the test encourages her to project her unconscious emotions and conflicts. The scoring involves analyzing the story's hero, themes, and expression style.

30. Anjali is on a strict diet to prepare for an upcoming athletic tournament. While attending a friend's birthday party, she sees a large chocolate cake. She immediately feels an intense urge to grab a huge slice and eat it right away. However, she reminds herself that consuming the cake would ruin her training progress and decides to politely decline, opting for a glass of water instead.
Which of the following statements accurately describe the internal psychological conflict occurring within Anjali?
(P) Her intense urge for the cake stems from the component of personality driven by the pleasure principle.
(Q) Her polite refusal is dictated by the unconscious mind seeking to repress anxiety-provoking memories.
(R) Her decision to consider the external consequences of eating the cake illustrates the reality principle at work.
(S) Her immediate desire for the cake is a result of the life instinct trying to establish a neuro-endocrine balance.
(a) Only (Q) and (S)
(b) Only (P) and (S)
(c) Only (P) and (R)
(d) Only (R) and (Q)

Ans :

(c) Only (P) and (R)
Sigmund Freud's psychoanalytic theory divides personality into three structures. Anjali's immediate, impulsive desire to eat the cake represents the 'Id', which operates on the pleasure principle for instant gratification. Her decision to consider the negative consequences on her training and drink water represents the 'Ego' operating on the reality principle.

NODIA

31. Read the following Assertion and Reason carefully and select the correct option.
Assertion (A): Sunita perceives her parents' strict curfew and overprotective rules as an expression of their normal parental love, even though she considers herself to be an entirely independent and free-spirited person.
Reason (R): To cope with the anxiety generated when one's real self-experience does not match their self-concept, an individual often distorts the perception of reality to make it consistent.
(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
According to Carl Rogers' humanistic theory, individuals develop a self-concept. When this does not match reality, it creates anxiety. To reduce this incongruence, individuals use distortion, altering their perception of reality (like perceiving overprotection as normal love) to align with their independent self-concept. Both statements are true, and the reason correctly explains the assertion.

32. Read the following Assertion and Reason carefully and select the correct option.
Assertion (A): A widely used personality inventory evaluates clinical areas using a hierarchical scale structure and uses an 'L' scale to measure whether an individual is trying to look good.
Reason (R): This inventory is a projective psychological test that evokes responses from the subject's unconscious mind by presenting ambiguous and unstructured ink-blots.
(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(c) Assertion is true, and Reason is false.
The assertion accurately describes the Minnesota Multiphasic Personality Inventory (MMPI), which includes specific validity scales like the 'L' (lie) scale. However, the reason is false because the MMPI is a self-report personality inventory, not a projective ink-blot test. The Rorschach test uses unstructured ink-blots to uncover unconscious motives, unlike standardized self-report inventories.

33. Read the following Assertion and Reason carefully and select the correct option.
Assertion (A): Rohan, feeling anxious and insecure due to his rejecting parents, tries to protect himself by fiercely dominating his classmates and overpowering everyone in school debates.
Reason (R): A child who withdraws himself from social relationships to protect himself from the pain of social relations deprives himself of the opportunities for growth.
(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
The assertion highlights Karen Horney's 'moving against others' aggressive coping style, where an insecure child attempts to dominate peers. The reason correctly describes her 'moving away from others' withdrawn style. Both statements represent true theoretical concepts from Horney's post-Freudian theory, but the reason does not correctly explain the aggressive behaviour described in the assertion.

34. Read the following Assertion and Reason carefully and select the correct option.
Assertion (A): Kavita is always relaxed, works steadily without any time urgency, and is therefore classified as having a Type-A personality pattern.
Reason (R): Individuals with a Type-A personality pattern typically display a higher

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level of imagination, are more tolerant of others, and experience lower levels of anxiety.

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(d) Both Assertion and Reason are false.
Both statements are false. The assertion incorrectly labels relaxed and steady behaviour as Type-A, which actually describes Type-B individuals. Similarly, the reason incorrectly attributes traits like high imagination, tolerance, and lower anxiety to Type-A personalities, whereas these are defining characteristics of Friedman's Type-B personality. Type-A individuals are highly competitive, impatient, and rigidly organized.

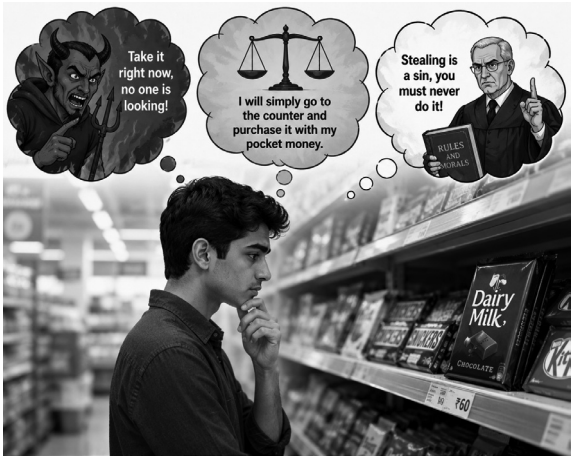
35. Read the following Assertion and Reason carefully and select the correct option.
Assertion (A): During her marathon training, Meera feels extremely satisfied and happy whenever she successfully finishes her daily target of running 10 kilometers, even though she does not intend to win the final race.
Reason (R): People do not solely look forward to reinforcements, but also tend to evaluate the results of their actions and develop self-reinforcement by appreciating their own work upon meeting self-set goals.

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
Albert Bandura's social learning theory emphasizes the self-system, where individuals regulate their own behaviour. The assertion correctly illustrates Meera setting personal targets and feeling happy upon reaching them. The reason accurately explains this phenomenon as self-reinforcement, where individuals internally appreciate their own achievements rather than relying exclusively on external reinforcements like winning a prize.

36. Observe the image below and answer the following question.


Take it right now, no one is looking!
I will simply go to the counter and purchase it with my pocket money.
Stealing is a sin, you must never do it!
RULES AND MORALS
Dairy Milk
CHOCOLATE

Based on the psychoanalytic approach to personality, which of the following accurately describes the psychological component operating in the central, blue-colored thought bubble?

(a) The instinctive drive demanding immediate gratification of a primitive need
(b) The internalized conscience establishing absolute moral constraints on behavior
(c) The rational mediator considering external consequences to express the urge
(d) The defense mechanism actively repressing an unacceptable aggressive impulse

Ans :

(c) The rational mediator considering external consequences to express the urge
According to psychoanalytic theory, the 'ego' operates on the reality principle. It acts as a rational mediator between the instinctual, impulsive demands of the 'id' (pleasure principle) and the moralistic constraints of the 'superego' (morality principle), ultimately expressing behaviors in a socially acceptable and realistic manner without causing internal conflict.

37. Observe the image below and answer the following question.

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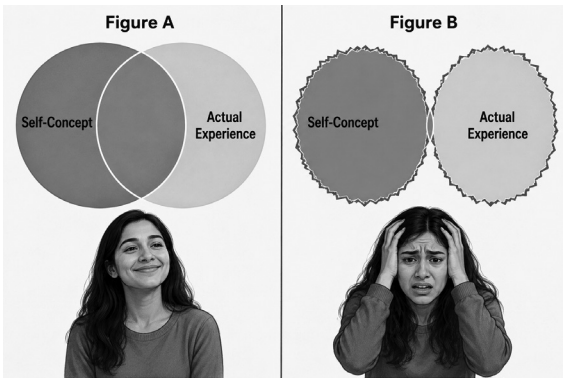


Based on the humanistic perspective of personality development, what does Figure B represent regarding the young woman's psychological state?

(a) She has achieved a fully functioning state of self-actualisation and peak experience.
(b) She is experiencing high anxiety due to a structural mismatch in her perceptions.
(c) She is successfully utilizing complex defense mechanisms to suppress her desires.
(d) She has developed a strong sense of unconditional positive regard from her parents.

Ans :

(b) She is experiencing high anxiety due to a structural mismatch in her perceptions.
According to humanistic theories of personality, when a person's self-concept significantly differs from their real self or actual experiences, a state of incongruence occurs. This lack of overlap generates psychological distress and anxiety, leading to a poorly adjusted individual who may distort reality to cope with the conflicting perceptions.

38. Observe the image below and answer the following question.

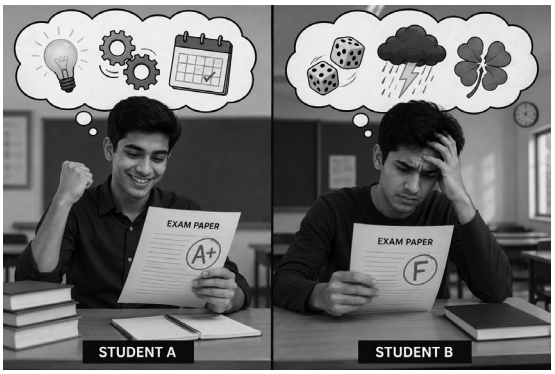
Based on the specific determinant being heavily focused upon in the scoring sheet, what interpretation can be drawn about the patient's psychological state?

(a) He possesses a highly creative mind and a strong, synthetic imaginative power.
(b) He exhibits a highly extroverted, deeply sociable, and highly outgoing nature.
(c) He is highly intelligent, exceptionally mature, and capable of organizing materials.
(d) He is displaying an anxious and depressed attitude with a feeling of inferiority.

Ans :

(d) He is displaying an anxious and depressed attitude with a feeling of inferiority.
In the interpretation and scoring process of the Rorschach Ink-blot Test, the determinant category evaluates how the blot is perceived. A higher frequency of shading responses (indicated by 'K') reveals that the subject holds an anxious, depressed attitude, often accompanied by strong underlying feelings of personal inadequacy or inferiority.

39. Observe the image below and answer the following question.



What underlying cognitive belief system is depicted by the student on the right side of the image when explaining his academic failure?

(a) Outside forces dictate whatever happens to his personal experiences.
(b) His actions and hard work directly shape his destiny and environment.
(c) He lacks the fundamental biological drive required to achieve success.
(d) His task-specific self-efficacy is exceptionally high for this examination.

Ans :

(a) Outside forces dictate whatever happens to his personal experiences.

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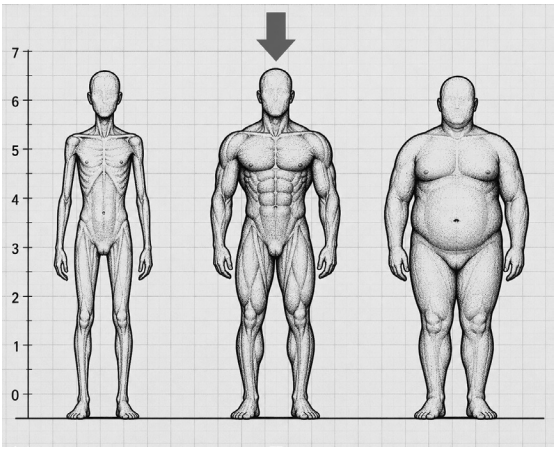
The social learning approach proposes the concept of locus of control. The student blaming luck and task difficulty exhibits an external locus of control. Such individuals strongly believe that outside environmental forces regulate their experiences and destinies, often leading to feelings of deep insecurity, lack of control, and learned helplessness.

40. Observe the image below and answer the following question.



According to the somatotypical approach, what behavioral characteristics are most likely associated with the individual indicated by the red arrow?

(a) Highly sociable, deeply affectionate, and generally relaxed in nature.
(b) Highly active, often reckless, aggressive, and clearly self-assertive.
(c) Deeply pessimistic, highly unsocial, and constantly seeking solitude.
(d) Extremely peaceful, deeply inward-looking, and thoroughly tolerant.

Ans :

(b) Highly active, often reckless, aggressive, and clearly self-assertive.
The somatotypical approach classifies individuals based on their physical structure. The central figure depicts a mesomorph, characterized by a sturdy, muscular build with broad shoulders. Psychologically, this body type corresponds to the 'somatotonia' personality type, which manifests outward behavioral traits such as being highly active, reckless, physically aggressive, and self-assertive.

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ONE MARK QUESTIONS

41. Rahul is an extremely competitive athlete with a broad-shouldered, muscular physique.
According to the somatotypical approach, which specific temperament does his body structure correspond to?

Ans :

Somatotonia.

42. Whenever young Aditi feels anxious about her parents' constant arguments, she completely withdraws into her room and refuses to interact with anyone.
Identify the specific style of social behaviour she is exhibiting to cope with her anxiety.

Ans :

Moving away from others (withdrawn style).

43. Karthik firmly believes that his recent promotion is entirely the result of his own hard work and strategic planning rather than mere luck.
What specific concept describes this belief about his ability to shape his destiny?

Ans :

Internal locus of control.

44. During a therapy session, a client remembers a childhood phone number that was not in her current awareness but was easily brought to conscious mind.
Which specific level of the mind does this memory reside in?

Ans :

The preconscious mind.

45. Mr. Gupta, a 45-year-old manager, spends his weekends mentoring young entrepreneurs and volunteering at a local NGO.
Which specific stage of psychosocial development is he successfully resolving?

Ans :

Generativity vs Self-absorption.

46. Albert Bandura's social learning theory highlights cognitive and social factors in personality development.
Explain briefly the concept of 'self-efficacy' in determining human behaviour.

Ans :

It refers to an individual's generalized expectations and beliefs about their own task-related capabilities.

47. A student who views herself as highly independent interprets her parents' strict curfews as a sign of normal parental love rather than an infringement on her freedom.
What specific method is she using to reduce the anxiety caused by this incongruence?

Ans :

Distortion.

48. Raymond Cattell suggested that traits are the fundamental components of personality.
How do 'source traits' differ from 'surface traits' in the evaluation of an individual?

Ans :

Source traits are the underlying root structures of personality, whereas surface traits are the externally recognized overt behaviours.

49. Meera always submits her assignments before the deadline, carefully organizes her study schedule, and is known for being highly dependable.
Which specific dimension of the five-factor model does she score high on?

Ans :

Conscientiousness.

50. While taking an ink-blot test, a patient consistently ignores the ink shapes and instead focuses their description entirely on the blank regions.
Which specific scoring category does this location response fall under?

Ans :

It is scored as 'S' (indicating response to white regions).

51. The component of personality known as the Superego acts as a mediator of our actions.
Explain briefly the central idea of the 'morality principle' that governs it.

Ans :

It struggles to establish moral constraints upon instinctual pleasure-seeking drives based on acquired societal conscience.

52. While hiking in the Himalayas, Anjali feels an intense, spontaneous sense of joy, losing track of time and experiencing a deep connection with the universe.
What specific humanistic term describes this intense moment?

Ans :

Peak experience.

53. A psychiatrist observes that his patient is large-headed, plump, and has a very jolly, sociable nature.
According to the physical constitution typology, which specific personality type does this individual represent?

Ans :

Pyknik.

54. A teacher rates a student highly on leadership and teamwork simply because the student has excellent handwriting, allowing one single positive trait to colour the overall assessment.
Name the specific disadvantage occurring in this rating process.

Ans :

Halo effect.

55. According to psychoanalytic theory, successful resolution of psychosexual stages is necessary to develop a healthy personality.
Explain briefly why normal developmental progression might fail, resulting in a 'fixation'.

Ans :

It occurs due to either an obstruction or an undue, excessive gratification of libidinal energy at a specific stage.

56. Ritu is highly cooperative, avoids asserting her own needs, and constantly suppresses her negative emotions to keep her family happy.
Identify the specific personality pattern she exhibits.

Ans :

Type-C personality.

57. During a psychological assessment, a subject is shown an ambiguous picture and asked to narrate a story detailing what happened before, what is happening now, and the outcome.
From which specific component of the resulting story will the examiner deduce the subject's

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personality type?

Ans :

The Hero of the story.

58. An applicant taking a personality inventory answers "True" to every question about possessing flawless moral character, attempting to present themselves in an unrealistically positive light.
Which specific validity scale will detect this behaviour?

Ans :

The 'L' or lie scale.

59. Role-playing is often used by psychologists to understand individual responses to realistic scenarios.
Briefly explain the primary function of a 'situational stress test' in behavioural analysis.

Ans :

It observes how an individual behaves when asked to complete a task with an intentionally uncooperative and interfering team.

60. Suresh continues to exercise daily simply because he enjoys the physical activity, even though he originally started going to the gym solely to lose weight for a wedding.
Name the concept that explains this shift in motives.

Ans :

Functional autonomy.

61. Mohan is frequently observed by his friends to be highly egocentric, impulsive, and easily irritable. According to the ancient medical concept of Humorism, which specific bodily fluid is responsible for these personality traits?

Ans :

Yellow Bile

62. Rajesh has a sturdy and muscular body structure with broad shoulders. Whenever he plays sports, he displays a highly active, reckless, and self-assertive temperament. Identify the specific personality type corresponding to his physique.

Ans :

Somatotonia

63. Sunita is a highly cooperative and patient employee who consistently suppresses her negative emotions to avoid conflicts at work. Which specific personality pattern is Sunita displaying?

Ans :

Type-C personality

64. During a therapy session, Anjali recalls a fond childhood memory that she was not actively thinking about but was easily able to bring into her awareness when prompted. Which specific domain of the mind holds such memories?

Ans :

The preconscious mind

65. Despite finding a lost wallet filled with cash on an empty street, Rohan decides to hand it over to the police station because his conscience tells him that keeping it would be wrong. Which component of personality is dominating Rohan's decision?

Ans :

Superego

66. Kavita exhibits an extreme need for orderliness, stubbornness, and a continuous strive for perfection in all her daily chores. According to the psychoanalytic stages of development, what is the underlying cause of these characteristics?

Ans :

Overly harsh toilet training resulting in fixation at the anal stage

67. Whenever young Aarav feels insecure or anxious at school, he tries to protect himself by dominating and overpowering his classmates on the playground. Identify the specific coping style of social behaviour being used by Aarav.

Ans :

Moving against others

68. At age fifty, Mr. Verma spends his weekends mentoring young entrepreneurs and volunteering at a local orphanage, feeling a deep concern for guiding the younger generation. Which favourable psychosocial outcome has Mr. Verma achieved?

Ans :

Generativity

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69. A therapist assures his client, Meera, that he will accept and respect her thoughts and feelings entirely, no matter what she shares during the session. What is this fundamental principle of creating a supportive environment called?

Ans :

Unconditional positive regard

70. While passionately playing the sitar during a classical music concert, Sameer experiences a profound sense of ego transcendence, intense happiness, and loses all sense of time and space. What term describes this psychological state?

Ans :

Peak experience

71. Mahatma Gandhi's entire life and all his actions were deeply guided by his unwavering commitment to non-violence and truth, making it a singular defining characteristic. How would this highly dominant motive be classified in trait psychology?

Ans :

Cardinal trait

72. A psychologist determines that Amit's overtly observable behaviours, such as curiosity and honesty, actually stem from deeper, underlying structural components of his personality. What are these fundamental roots of behaviour called?

Ans :

Source traits

73. Rekha constantly experiences high levels of anxiety, anger, and depressive moods even over minor inconveniences in her daily routine. Which specific dimension of the five-factor model does Rekha score high on?

Ans :

Neuroticism

74. Before attempting a difficult mathematics exam, Vikram feels highly confidence and expects a favourable outcome based on his past academic successes. What specific aspect of personality development drives Vikram's expectations of his own capabilities?

Ans :

Self-efficacy

75. After repeatedly failing to clear his medical entrance exams despite coaching, Tarun believes that his fate is entirely controlled by outside forces and stops studying altogether. Identify the specific psychological phenomenon Tarun is experiencing.

Ans :

Learned helplessness

76. A clinical patient frequently displays a very low level of trust towards others and strongly believes that his neighbours are secretly conspiring to harm him. Which specific clinical scale of a popular personality inventory is designed to measure these symptoms?

Ans :

Paranoia

77. During a psychological assessment involving unstructured visual stimuli, it is observed that Neha's responses are heavily determined by the colour of the blots rather than perceived movement. What personality nature does this specific pattern indicate?

Ans :

Extrovert nature

78. During a clinical assessment, Kunal is shown an ambiguous picture and asked to narrate a story. The psychologist carefully analyzes the main character of Kunal's story to understand his personality type. What is this main character technically referred to in this test?

Ans :

Hero of the story

79. A manager is asked to evaluate her subordinate's overall performance. Because she deeply admires the subordinate's punctuality, she rates him extremely high on all other unrelated skills, including teamwork and creativity. Identify the cognitive bias occurring in this assessment.

Ans :

The halo effect

80. As part of a corporate selection process, candidates are asked to complete a group task where specific team members are secretly instructed to be uncooperative and interfering to observe the candidates' reactions. Identify this method of behavioural analysis.

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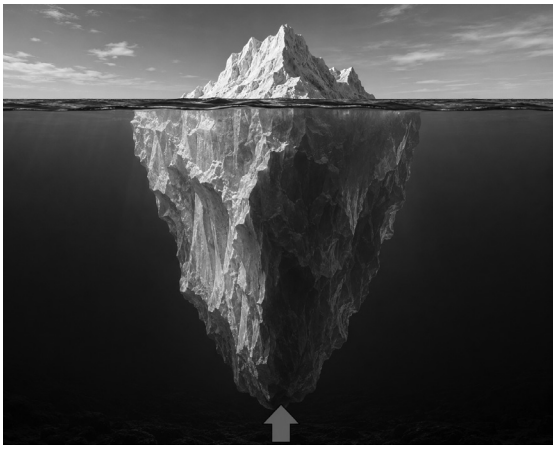
Ans :

Situational test

81. Observe the conceptual diagram below used to explain the topography of the human mind and its hidden structures.



Which component of personality, driven entirely by the pleasure principle for immediate gratification, resides exclusively within the deep submerged region indicated by the red arrow?

Ans :

The Id

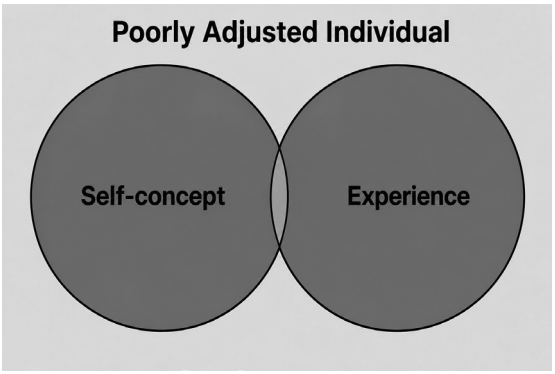
82. Rahul has always been recognized for his athletic build, which makes him a natural fit for his school's wrestling team. Observe his physical constitution in the illustration below.

Based on the distinct physical structure depicted in the illustration, name the specific somatotype Rahul represents.

Ans :

Mesomorph

83. Ananya frequently feels anxious because her internal beliefs about herself drastically differ from her actual real-world interactions.

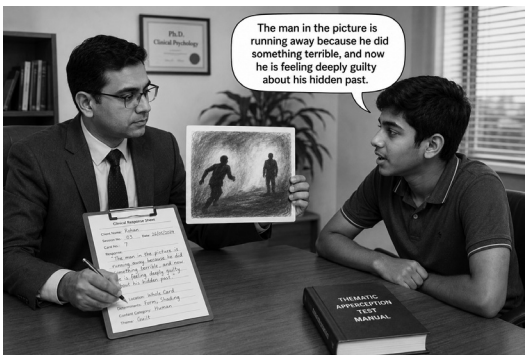


Identify the specific psychological state generated by the minimal overlap between the two circles, which makes the individual poorly adjusted.

Ans :

Incongruence

84. A clinical psychologist is conducting an assessment session with a young client, Rohan, to uncover his latent conflicts and unconscious motives through unstructured storytelling.


The man in the picture is running away because he did something terrible, and now he is feeling deeply guilty about his hidden past.
Ph.D. Clinical Psychology
THEMATIC APPERCEPTION TEST MANUAL

Identify the specific projective psychological test being administered to the client in the given image.

Ans :

Thematic Apperception Test (TAT)

85. Sameer and Kabir receive their half-yearly examination results. Observe their distinct reactions to their grades in the illustration below.

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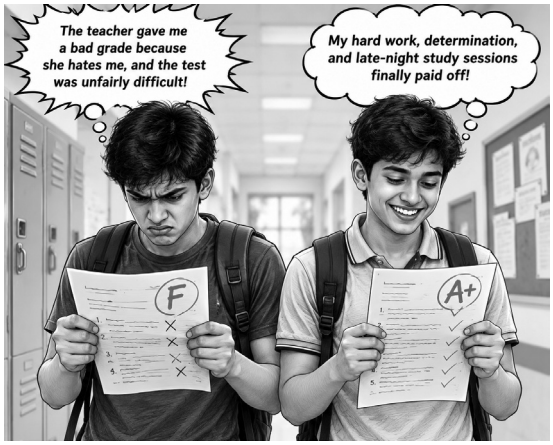
The teacher gave me a bad grade because she hates me, and the test was unfairly difficult!
My hard work, determination, and late-night study sessions finally paid off!
F
A+

Identify the specific concept of personality that explains the fundamental difference in how these two individuals perceive the forces governing their situations.

Ans :

Locus of control

86. Study the relation between the first two words/ phrases and then fill in the fourth word.
Endomorph : Viscerotonia :: Mesomorph : _____

Ans :

Somatotonia

87. Study the relation between the first two words/ phrases and then fill in the fourth word.
Id : Pleasure principle :: Ego : _____

Ans :

Reality principle

88. Study the relation between the first two words/ phrases and then fill in the fourth word.
Moving towards others : Passive style :: Moving against others : _____

Ans :

Aggressive style

89. Study the relation between the first two words/ phrases and then fill in the fourth word.
Safety needs : Deficiency needs :: Esteem needs : _____

Ans :

Growth needs

90. Study the relation between the first two words/ phrases and then fill in the fourth word.
Rorschach Ink-blot Test : Hermann Rorschach :: Thematic Apperception Test : _____

Ans :

C.D. Morgan and H.A. Murray

91. State whether the following is True or False.
According to Sheldon's somatotypical approach, an individual with a sturdy and muscular physical structure exhibits an active, aggressive, and self-assertive personality pattern.

Ans :

True

92. State whether the following is True or False.
A child who attempts to cope with basic anxiety by excessively dominating and overpowering peers is employing the passive style of social interaction.

Ans :

False

93. State whether the following is True or False.
A state of psychological maladjustment occurs when there is a significant gap between an individual's perception of their own characteristics and their actual real-world experiences.

Ans :

True

94. State whether the following is True or False.
In Raymond Cattell's trait theory, the clusters of overt behavioural characteristics that are easily recognised by others, such as curiosity and honesty, are classified as source traits.

Ans :

False

95. State whether the following is True or False.
During the administration of the Thematic Apperception Test, the absence of a thinking period before narrating the story encourages subjects to project their unconscious desires and anxieties onto ambiguous scenes.

Ans :

True

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FOUR MARKS QUESTIONS

96. Aarav is undergoing psychoanalysis. The therapist uses an analogy to explain that while Aarav is aware of his current thoughts, there is a vast domain of hidden desires and a gateway of memories that can be accessed if he tries.

(i) Identify the analogy used by the therapist to describe the levels of mind.

(ii) Explain the three levels of mind as depicted in this analogy.

Ans :

(i) The therapist is using the analogy of an iceberg to describe the topography of the mind.

(ii) Sigmund Freud utilized the iceberg analogy to classify the human mind into three distinct levels of consciousness.

1. The conscious mind is compared to the visible tip of the iceberg that can be seen above the water. It includes all our current thoughts, immediate awareness, and whatever specific events or feelings we are actively experiencing at any given moment in our environment.
2. The preconscious exists just below the level of consciousness, acting as a gateway between the conscious and unconscious realms. It is compared to the submerged iceberg portion that may float upwards, containing memories and thoughts a person can intentionally bring to awareness when required.
3. The unconscious is the maximum portion hidden deep beneath the water. It conceals thoughts, desires, and impulses that we are largely unaware of, containing actively repressed anxiety-provoking material that influences our personality and can cause neurotic symptoms if transformed into other forms.

97. Tanya perceives herself as a highly independent young woman. However, her parents are extremely overprotective. To cope with the resulting anxiety, she refuses to acknowledge that she is losing her independence due to their behaviour.

(i) Identify the specific method Tanya is using to reduce her anxiety.

(ii) Explain the psychological mechanism responsible for generating this anxiety according to the humanistic theorist.

Ans :

(i) Tanya is using the method of denial to reduce her anxiety.

(ii) According to Carl Rogers, anxiety is generated due to an imbalance between an individual's personal perceptions and their actual environmental reality.

1. Based on all information and beliefs, an individual develops an idea about their own characteristics, which is termed the self-concept. A fully functioning person usually maintains a positive self-concept, acting spontaneously and deeply experiencing life without excessive conformity to societal pressures or restrictive rules.
2. When this internal self-concept does not match with reality or the individual's perception of environmental reactions, a state of incongruence occurs. This gap between the self-concept and real self-experience creates intense psychological anxiety, making the person unhappy, maladjusted, and uncomfortable in their daily existence.
3. To cope with the anxiety of incongruence, individuals alter their perception of reality to make it consistent with their self-concept. This is done through distortion, where they misinterpret situations, or denial, where they completely refuse to acknowledge the actual threatening facts in their immediate environment.

98. During a corporate evaluation, a supervisor rates an employee excellently on all parameters simply because he likes the employee's punctuality, ignoring the fact that the employee's actual work quality is quite poor.

(i) Identify the specific rating error demonstrated by the supervisor.

(ii) Describe the process of behavioural ratings and two other common biases associated with this assessment method.

Ans :

(i) The rating error demonstrated by the supervisor is known as the halo effect.

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(ii) Behavioural rating is a common assessment method where raters evaluate an individual on predetermined descriptive categories, but it is prone to several biases.
1. In behavioural ratings, people who have interacted extensively with the individual for a considerable length of time are asked to rate their behaviour. Psychologists provide specific categories or numerical scores for evaluation, which can sometimes confuse the rater and distort the final results.
2. The halo effect occurs when the rater's overall assessment is entirely coloured by their liking or disliking of a single trait. Consequently, a positive impression of one specific characteristic unfairly elevates the scores given across all other unrelated behavioural parameters during the evaluation process.
3. Raters also exhibit middle category bias, where they tend to place the evaluated individuals directly in the middle of the scale. Conversely, extreme response bias occurs when raters consistently give very high or very low ratings, deliberately avoiding the middle categories. To overcome these, training is given.

99. Mother Teresa's entire life and actions were guided by a singular pursuit of compassion. However, her associates described her using a cluster of distinct characteristics like kindness, determination, and resilience.
(i) Identify the type of trait that describes Mother Teresa's singular pursuit of compassion.
(ii) Explain the other two categories of traits and one major theoretical concept proposed by this trait theorist.

Ans :

(i) Mother Teresa's singular pursuit of compassion represents a cardinal trait.
(ii) Gordon Allport extensively investigated trait combinations to understand normal personalities and catalogued thousands of traits into different categories of varying importance.
1. Central traits are a cluster of mainly five to ten prominent characteristics that are extremely important for determining a person's overall uniqueness. These core traits highly influence an individual's regular interactions and form the basic foundation of their observable personality and consistent behavioural patterns.
2. Secondary traits are relatively weaker, less apparent characteristics that have a minimal impact on a person's overall behaviour. They are generally less important and only manifest under specific circumstances, making them harder to identify compared to the highly visible central traits in daily situational contexts.
3. Functional autonomy proposes that behavioural patterns initially acquired for one specific purpose can eventually be used for entirely different purposes later in life. For instance, a child reading to please parents may later continue reading simply for personal enjoyment, satisfaction, and intrinsic motivation.

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100. Anil has closely watched his elder brother successfully navigate difficult social situations with confidence. By doing so, Anil has acquired similar grooming habits, poise, and social skills without directly experiencing the situations himself.
(i) Identify the specific learning process Anil is demonstrating.
(ii) Explain three other major components of the social learning theory proposed by this psychologist.

Ans :

(i) Anil is demonstrating the process of observational learning.
(ii) Albert Bandura's social learning theory emphasizes the interaction of cognitive and social factors in shaping a person's personality and resulting behaviours.
1. The self-system involves the cognitive processes of perception, evaluation, and regulation of one's own behaviour to ensure it is appropriate for a given situation. This internal regulatory mechanism allows individuals to effectively anticipate, plan, and execute actions based on external environmental feedback and situational demands.
2. Self-reinforcement occurs when people evaluate the results of their actions against their own self-set goals. Instead of solely relying on external rewards,

individuals appreciate their own work when meeting these internal standards, which brings them happiness, fulfillment, and internally motivates further actions and sustained effort.

3. Self-efficacy refers to an individual's generalized expectations and underlying beliefs about their own task-related capabilities. Although initially proposed for specific activities, these stable beliefs about one's ability to succeed significantly impact how individuals approach challenges and are viewed as crucial personality aspects in social learning theory.

101. Ancient medical concepts suggested that human moods and behaviours were caused by four specific bodily fluids. A Greek physician proposed a typology linking the excess of these fluids to distinct temperamental characteristics.

(i) Describe the personality characteristics associated with an excess of Blood and Yellow Bile respectively.

(ii) Describe the personality characteristics associated with an excess of Black Bile and Phlegm respectively.

Ans :

(i) Hippocrates proposed the four temperament theory where specific bodily fluids dictate distinct human personality attributes.

1. Individuals with an excess of blood exhibit a Sanguine personality type. They are highly sociable, naturally optimistic, talkative, and demonstrate leader-like qualities, while consistently remaining warm-hearted and actively seeking pleasurable experiences in their everyday social environments throughout their lifespan.
2. Individuals with an excess of yellow bile display a Choleric personality type. They tend to be egocentric, highly extroverted, and easily irritable. Furthermore, they are characterized as bad-tempered, overly aggressive, impulsive in their actions, and possessing a deeply restless nature during regular interactions.

(ii) The other two bodily fluids influence distinct inward-looking and highly analytical temperamental patterns.

1. Individuals with an excess of black bile possess a Melancholic personality type. They are characteristically serious, highly analytical, quiet, and introverted. These cautious individuals are notably susceptible to episodes of depression and display unpredictable moodiness in their emotional responses to situations.
2. Individuals with an excess of phlegm show a Phlegmatic personality type. They are predominantly peaceful, inward-looking, private, and relaxed. In addition, these thoughtful individuals display high patience, remarkable tolerance, and maintain a deeply caring attitude towards the surrounding people in their lives.

102. In an effort to understand a patient's unexpressed emotional problems, a psychologist administers a test consisting of 10 bilaterally symmetrical cards with unstructured designs. The patient's initial behaviour, time taken, and the way they hold the cards are meticulously noted.

(i) Identify the test and explain how the responses are scored based on 'Location' and 'Originality'.

(ii) Explain how the responses are scored based on 'Contents' and 'Determinants'.

Ans :

(i) The Rorschach Ink-blot Test evaluates personality dynamics through the complex interpretation of subjective unstructured responses.

1. Location refers to the specific part of the blot the testee focuses on. It is scored using symbols like 'W' for the whole blot, 'w' for unseen whole, 'D' for major details, 'd' for minor details, and 'S' for white regions.
2. Originality refers to the frequency or uniqueness of the responses given for each of the 10 cards. A highly common or popular response is denoted as 'P', whereas an entirely unique, unusual, or original response generated by the subject is shown as 'O'.

(ii) The scoring system also deeply analyzes the visual components and the specific subject matter perceived.

1. Contents refer to the actual subject matter identified within the response. Common contents include human forms (H), animal forms (A), animal details (Ad), human details (Hd), natural

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things like rivers or meadows (N), and various inanimate objects (O) perceived by the testee.

2. Determinants refer to how the specific ink-blot is visually seen or perceived by the subject. This category is accurately scored based on the form of the blot (F), the colour of the blot (C), any perceived movement (M), and the shading of the blot (K).

103. Rahul is currently navigating the turbulence of adolescence. A prominent neo-Freudian theorist proposed that individuals pass through a "developmental milestones" approach where they learn different societal norms and resolve specific crises.
Describe the psychosocial stage Rahul is currently experiencing along with the three developmental stages that immediately precede it, highlighting their specific crises and outcomes.

Ans :

Erik Erikson developed stages of psychosocial development, bridging Freudian concepts with social and environmental understanding.

1. 2nd Year: The defining crisis is Autonomy versus Shame and Doubt. A successful resolution leads to a favourable outcome of developing a sense of self-control and adequacy, whereas an unfavourable outcome results in persistent feelings of internal shame and deep doubt on self.
2. 3rd to 5th Year: The core crisis is Initiative versus Guilt. The highly favourable outcome is the ability to self-start and boldly initiate one's own activity, whereas the unfavourable outcome leaves the child feeling all alone with a profound sense of inadequacy and guilt.
3. 6th Year to Puberty: The developmental crisis is Industry versus Inferiority. The favourable outcome involves learning how things work, and understanding and organising material. An unfavourable outcome generates an intense feeling of inferiority regarding their capability in understanding and organising practical material.
4. Adolescence: The stage Rahul is currently experiencing involves the crisis of Identity versus Role Confusion. The essential favourable outcome is perceiving oneself as a unique and completely integrated individual, whereas failure leads to deep psychological confusion over who one really is socially.

104. Maya has always been highly imaginative and enjoys exploring complex abstract concepts, whereas her brother is dependable, dutiful, and extremely organized in his daily routine. Researchers factor-analyzed such characteristics to establish a hierarchical model.
Discuss any four lower-order facets or dimensions of personality derived from this hierarchical model by Costa and McCrae.

Ans :

Paul Costa and Robert McCrae developed the hierarchical Five Factor Model, commonly known as OCEAN.

1. Openness to experience represents the degree of intellectual curiosity, creativity, variety, and preference for novelty a person possesses. Individuals at the opposite end are typically simple, down-to-earth, and exhibit very little interest in engaging with completely new things or ideas.
2. Conscientiousness highlights a strong tendency to be highly organized, entirely dependable, dutiful, and disciplined. Conversely, individuals at the other extreme are heavily disorganized, highly impulsive, irresponsible, and fundamentally undependable in managing their daily tasks and essential commitments effectively.
3. Extraversion denotes a prominent tendency to be highly energetic, assertive, sociable, and enthusiastic when interacting with the environment. On the completely opposite end, individuals tend to be retiring, sober, socially reserved, silent, and highly cautious in their overall interpersonal demeanour.
4. Agreeableness signifies a positive tendency to be compassionate, highly cooperative, good-natured, trusting, and genuinely helpful towards others. In contrast, individuals on the opposite side are typically non-cooperative, extremely suspicious, and frequently irritable during their various interpersonal social exchanges.

105. According to Maslow, human needs exist in a structured hierarchy, culminating in a rare state of mind where a person reaches their fullest true potential. Occasionally, such individuals experience intense happiness and ego transcendence.

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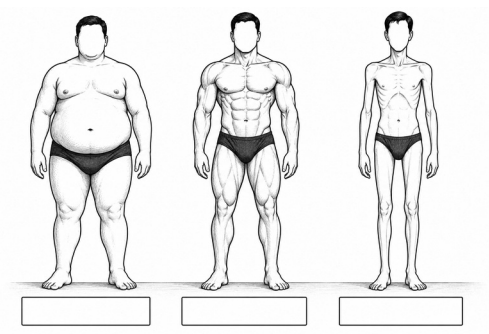
Describe the four stages of needs that must be satisfied before reaching self-actualization, categorizing them into their appropriate deficiency and growth need groups.

Ans :

Abraham Maslow's approach proposes that human needs progress upwards from preliminary physiological levels to self-actualization.

1. Physiological needs form the foundational base of the hierarchy and include absolute survival essentials like hunger, thirst, and sex. These primary biological requirements must be adequately fulfilled first before a human can aspire to higher-order complex needs in life.
2. Safety needs emerge once physiological needs are met, focusing strictly on securing stable housing and adequate clothing. Together with physiological and social needs, these form the fundamental "deficiency needs" that critically drive human behaviour when left unsatisfied daily.
3. Social needs, known as love or belongingness needs, involve the human desire for emotional connections with family, friends, and community. This crucial deficiency need motivates individuals to actively seek relationships and secure a comfortable place within their social groups.
4. Esteem needs are categorized as "growth needs" and represent the desire for prestige, elevated status, self-respect, and dominance. Satisfying these needs builds internal confidence, ultimately paving the critical pathway for the individual to reach their fullest self-actualizing potential.

106. Sameer recently joined a fitness club. His fitness trainer observed his natural body structure and predicted certain inherent behavioural traits he might possess, as depicted in the visual representation below.



(i) Identify the specific psychological approach used by the trainer to assess Sameer's behaviour based on the image.

(ii) Describe the three specific personality patterns corresponding to each of the distinct body structures shown in the visual representation.

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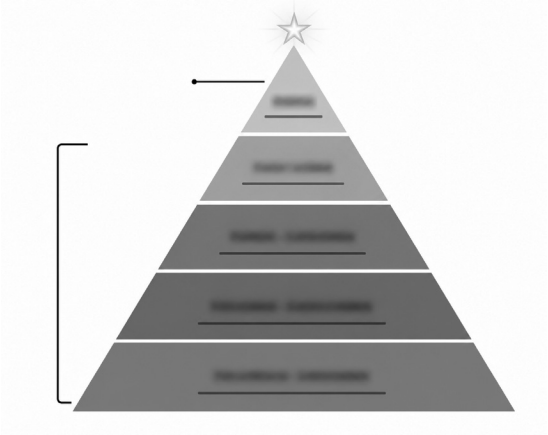
Ans :

(i) The trainer used the Somatotypical Approach formulated by William H. Sheldon to assess the characteristics based on physical structure.

(ii) According to this approach, the three specific personality patterns corresponding to the distinct physical body structures are as follows:

1. The extremely soft and round body structure matches the Viscerotonia personality type. This specific pattern characterizes an individual as being highly social, deeply affectionate towards others, and generally quite lazy in their daily habits and regular routines.
2. The sturdy, broad-shouldered, and muscular body structure corresponds to the Somatotonia personality type. This specific pattern represents a person who is characteristically highly active, often reckless, physically aggressive, and extremely self-assertive when placed in various challenging environmental situations.
3. The significantly thin, narrow-shouldered, and frail body structure aligns closely with the Cerebrotonia personality type. This pattern depicts an individual who is typically highly pessimistic, noticeably unsocial, constantly seeks peaceful solitude, and displays a severe lack of self-confidence.

107. Meera, a corporate executive, left her highly paid, prestigious job to pursue her passion for painting. She feels a profound sense of inner peace and fulfillment, as illustrated by the conceptual model below.

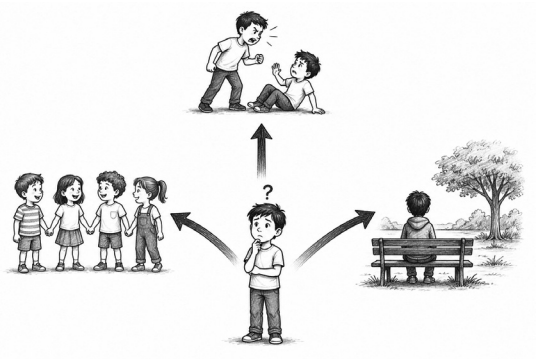


(i) Identify the specific stage of growth Meera has achieved according to the given model.
(ii) Describe the three key characteristics of the profound psychological experience Meera is likely having at this stage.

Ans :

(i) According to Abraham Maslow's hierarchical model, Meera has successfully achieved the uppermost self-actualization stage of growth.
(ii) At this final stage of reaching her fullest true potential, Meera is likely having a Peak Experience, which includes the following three key characteristics:
    1. She will experience profound feelings of intense happiness, immense joy, and deep wonder. She will feel deeply in connection with things significantly greater than herself, especially when she is deeply involved in creative activities like her passionate painting.
    2. She will undergo a unique state of ego transcendence. This highly specific state involves completely losing her regular sense of passing time, physical space, and personal self, while simultaneously feeling a meaningful connection with others or the broader universe.
    3. She will seem to completely lose her internal self-doubt and anxious self-consciousness. Instead, she will feel incredibly spontaneous, actively and fully present in the current moment, which greatly helps her appreciate life with a remarkably positive and healthy outlook.

108. During a school counseling session, the psychologist observed that 10-year-old Rohan exhibits distinct interaction patterns depending on the situation, often shifting between the three specific behavioural styles depicted in the diagram.



(i) Based on the post-Freudian perspective, explain the underlying cause of Rohan's varying behavioural styles.
(ii) Describe the two specific models of social behaviour where Rohan either complies excessively or withdraws completely from his peers.

Ans :

(i) Rohan's varying behavioural styles are caused by basic anxiety and repressed hostility.
    1. Basic anxiety fundamentally arises when a highly dependent child feels incredibly weak and powerless. Indifferent or rejecting parental behaviour fails to provide vital protection, leaving the young child feeling utterly insecure, heavily distressed, and entirely helpless to survive alone.
    2. This deeply distressing parental behaviour inevitably generates basic hostility. Unable to directly express this anger, he tightly represses it, which significantly increases his anxiety and forces him to adopt specific interaction styles to cope.
(ii) The two models demonstrating compliance and withdrawal are as follows:
    1. Moving towards others: Rohan actively seeks psychological security by becoming excessively compliant. He willingly does whatever his peers wish simply to gain their direct approval and love, which results in the absolute repression of his internal basic hostility.

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2. Moving away from others: Rohan purposefully withdraws himself from ongoing social relationships to carefully protect himself from the profound pain of social interactions. This severe withdrawal completely deprives him of vital opportunities for positive growth in the social realm.

109. Sameera found a lost wallet containing a large sum of money. She was initially tempted to keep it to buy a new phone, but ultimately decided to hand it over to the police, realizing that stealing is fundamentally wrong. Explain the components of personality and the underlying principles that guided her thought process in this situation.

Ans :

According to Sigmund Freud's psychoanalytic theory, Sameera's thought process is guided by the dynamic struggle among three specific components of her personality structure.

1. The 'Id' represents the instinctual component of personality concerning immediate gratification of primitive needs. Guided firmly by the pleasure principle, it generated her initial strong temptation to selfishly keep the found money to quickly buy a new phone.
2. The 'Superego' represents the moral conscience and the internalized sense of right and wrong. Operating strictly on the morality principle, it established severe moral constraints, making her deeply realize that stealing the lost money is fundamentally an unethical action.
3. The 'Ego' is the rational component that carefully considers external reality and social consequences. It actively functions as a critical mediator between the impulsive urges of the id and the strict moral constraints imposed by the developing superego.
4. Guided by the reality principle, Sameera's ego successfully mediated this internal conflict. It intelligently controlled the unacceptable impulse of the id and adhered to the superego's moral demand, ultimately leading her to correctly hand the wallet to the police.

110. During a psychological assessment, Aryan was presented with a series of vague, ambiguous pictures showing human figures in indefinite situations. He was asked to construct a detailed story based on each scene without prior preparation. Describe the key elements the psychologist will evaluate when interpreting the stories constructed by Aryan.

Ans :

The psychologist is administering the Thematic Apperception Test and will interpret Aryan's constructed stories by analyzing the following specific elements:

1. The psychologist will closely analyze the 'Hero of the story', which directly reflects Aryan's own personality type. They will also evaluate the 'Theme of the story', which signifies the specific nature of the plot he unconsciously projects onto the images.
2. The 'Style of the story' will be carefully evaluated. This specific assessment includes checking the overall length of the narrative, the general quality of expression, the logical organization of the content, and the level of originality and creativity demonstrated.
3. The 'Content of the story' will be analyzed to reveal his deeply hidden interests, inner

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sentiments, and core attitudes. It highlights whether the expressed behaviour is rooted in reality or fantasy, thereby exposing the true inner state of his mind.

4. The psychologist will check for 'Particular emphasis or omissions', noting any minor details he specifically distorted or overemphasized. Additionally, the narrative's final 'Outcome' will be evaluated to determine whether the constructed story concludes with a distinctly happy or sad ending.

111. Rohan is an optimistic, sociable, and warm-hearted student leader. His biology teacher once casually remarked that such distinct moods and behaviors were historically believed to be caused by an excess of specific bodily fluids.
With reference to the above, answer the following questions.
(i) Identify the theory of personality and the ancient Greek physician who proposed it.
(ii) Explain any three personality types classified under this historical medical concept.

Ans :

(i) This is the Type Theory of personality based on Humorism, proposed by the Greek physician Hippocrates.
(ii) According to this theory, personality types fundamentally depend upon the distinct excess or deficiency of four body fluids.
1. Sanguine personality is firmly characterized by blood as the governing fluid and air as the element, making the individual highly sociable, optimistic, talkative, leader-like, warm-hearted, and pleasure-seeking. This aligns perfectly with Rohan's remarkably outgoing and strongly leader-like behavioral traits in his college environment.
2. Choleric personality is governed by yellow bile and the element of fire, which leads to individuals being highly egocentric, extroverted, irritable, bad-tempered, aggressive, impulsive, and constantly restless in their environment. These distinct traits often make them noticeably difficult to work with in team settings.
3. Melancholic personality is associated with black bile and the earth element, resulting in a serious, analytical, quiet, introverted, and cautious demeanor, making them highly susceptible to severe depression and moodiness. They greatly prefer solitary activities over social engagements due to their deeply inward-looking nature.

112. Sneha finds a wallet full of cash on an empty street. A sudden urge pushes her to take the money for instant gratification. However, her internalized moral values strongly warn her that stealing is unethical and punishable.
With reference to the above, answer the following questions.
(i) Identify the two components of personality experiencing conflict in Sneha's mind.
(ii) Explain the three main parts of personality that govern such internal dynamics.

Ans :

(i) The two components of personality experiencing intense internal conflict in Sneha's mind are the Id and the Superego.
(ii) Sigmund Freud suggested that human personality essentially consists of three distinct structural parts, each dealing with specific functions.
1. The Id is the component of personality primarily concerned with the immediate gratification of primitive needs, instinctual drives, and urges. It operates strictly on the pleasure principle, seeking ultimate pleasure as the sole motivation for any behavior, much like Sneha's sudden initial urge.
2. The Ego acts as a conscious mediator that takes into account external reality in the expression of instinctive behaviors and aggressive urges arising from the Id. It operates on the reality principle, carefully considering the external consequences of behaviors originating from the Id's impulses.
3. The Superego represents the internalized conscience or the distinct sense of right and wrong that an individual acquires from elders, society, and culture. It operates on the morality principle, strongly struggling to establish moral constraints upon instinctual pleasure-seeking drives, similar to Sneha's ethical hesitation.

113. Anjali grew up with highly indifferent and consistently rejecting parents. As an adult, she

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actively isolates herself, completely avoiding social gatherings to strictly protect herself from the emotional pain of potential rejection.
With reference to the above, answer the following questions.

(i) Identify the psychological concept and the neo-Freudian theorist who proposed this specific style of behavior.
(ii) Explain the three models of social behavior an individual might rely on due to such childhood anxiety.

Ans :

(i) The concept is "Moving away from others" (withdrawn style) as proposed by the neo-Freudian psychologist Karen Horney.
(ii) When parental behavior makes a child feel highly insecure, the repressed hostility creates basic anxiety, leading to three distinct behavioral styles.
    1. Moving towards others is a passive style where the anxious child deeply seeks security by being excessively compliant. To eagerly gain the vital love and approval of others, they are strongly inclined to do whatever others wish, resulting in the total repression of their basic hostility.
    2. Moving against others is an aggressive style where the child actively attempts to protect himself or herself by forcefully dominating and overpowering others. Although basic hostility is openly expressed in this state, there is a total denial of basic anxiety, leaving underlying weakness completely unresolved.
    3. Moving away from others is a withdrawn style where the child physically and emotionally removes themselves from social relationships. This effectively protects them from the intense pain of social relations but unfortunately deprives the person of vital opportunities for growth within the broader social realm.

114. Vikram considers himself an exceptionally independent teenager. However, his parents are highly overprotective. To cope with the resulting anxiety, Vikram completely convinces himself that their excessive interference is merely standard parental love, essentially altering his perception of reality.
With reference to the above, answer the following questions.

(i) Identify the psychological mechanism Vikram is using and the humanistic theorist who explained it.
(ii) Explain the core concepts of this theory that directly relate to a person's adjustment and coping mechanisms.

Ans :

(i) Vikram is using the specific psychological mechanism of 'distortion' as explained by the humanistic theorist Carl Rogers.
(ii) Carl Rogers focused extensively on the self and how individuals constantly perceive their reality to maintain crucial psychological balance.
    1. Self-concept is the central idea an individual uniquely develops about himself based on all the information and firm beliefs he has about his own characteristics. When this self-concept perfectly aligns with the person's real self or actual experiences, it creates congruence, resulting in a well-adjusted individual.
    2. Incongruence occurs when an individual's idealized self-concept does not accurately match with reality or the environmental reaction to the self. This significant gap between the self-concept and the real self generates intense anxiety within the individual, ultimately making the person highly unhappy and fundamentally maladjusted.
    3. To forcefully cope with the crippling anxiety of incongruence, an individual often drastically changes the perception of reality to make it consistent with their self-concept. They may use cognitive distortion, as Vikram clearly did, or absolute denial, where they completely refuse to acknowledge the uncomfortable facts.

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115. Mahatma Gandhi was universally known for his absolute commitment to non-violence, a single rare quality that guided his core motives and ruled his entire life. However, he also possessed lesser traits like standard honesty and occasional nervousness in specific, isolated situations.
With reference to the above, answer the following questions.

(i) Identify the type of dominant trait exhibited by Gandhi and the psychologist who

catalogued it.

(ii) Explain the three primary categories of traits proposed by this specific psychologist.

Ans :

(i) The exceptionally dominant trait uniquely exhibited by Gandhi is a "cardinal trait," as catalogued by Gordon Allport.

(ii) Gordon Allport extensively investigated the complex ways traits combine to form normal personalities and categorized them by their overall importance.

1. Cardinal traits are incredibly powerful and special characteristics that singularly guide an individual's deepest motives and behaviors. These exceedingly rare traits are so dominant that they practically rule the person throughout their entire life, perfectly defining their ultimate uniqueness and functioning as their core identity.
2. Central traits essentially comprise a cluster of mainly five to ten distinct characteristics which remain highly important for determining a person's uniqueness. These specific traits form the fundamental building blocks of normal personalities, heavily dictating how an individual routinely adjusts to their specific daily environment.
3. Secondary traits are relatively weaker and noticeably less important characteristics that have a considerably minimal impact on a person's overall behavior. They vividly appear only in highly specific situations or rare circumstances, such as displaying situational nervousness, and absolutely do not define the individual's central personality.

116. During a clinical assessment, Aisha is handed twenty separate cards depicting vague and highly indefinite scenes. She is instructed to rapidly narrate an imaginative story for each picture, explicitly detailing what led to the scene, what is currently happening, and the eventual outcome. With reference to the above, answer the following questions.

(i) Identify this specific projective psychological test and its original creators.

(ii) Explain any three distinct ways in which the stories narrated by the subject are scored and interpreted.

Ans :

(i) This specific assessment is the Thematic Apperception Test (TAT), originally prepared by C.D. Morgan and H.A. Murray in 1935.

(ii) The complex scoring and professional interpretation of this projective storytelling test heavily rely on extracting deeply unconscious emotions and impulses.

1. The hero of the story is closely and meticulously analyzed as it directly reflects the subject's own specific personality type. Additionally, the fundamental theme of the story is heavily scrutinized, which significantly signifies the underlying nature of the plot being repeatedly utilized by the individual.
2. The style of the story includes formally evaluating the length of the narrative, the exact language utilized, and the quality of expression. The trained examiner strictly assesses the overall organization of the given content, along with the distinct originality and natural creativity freely displayed by the subject.
3. The content of the story practically reveals the hidden interests, deep sentiments, and complex attitudes strongly shown by the subject. It accurately highlights whether the expressed behavior heavily leans towards reality or fantasy, thereby actively exposing the true inner state of the individual's subconscious mind.

117. At the age of 16, Kabir is constantly experimenting with drastically different clothing styles, diverse career interests, and entirely new friend groups. He feels highly confused about who he really is and what he genuinely wants to achieve in life. With reference to the above, answer the following questions.

(i) Identify the exact psychosocial crisis Kabir is currently facing according to Erik Erikson.

(ii) Explain the fundamental concepts of Erikson's theory regarding developmental milestones and this specific stage.

Ans :

(i) Kabir is heavily facing the critical psychosocial crisis of "Identity vs Role confusion" highly specific to the stage of adolescence.

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(ii) Erik Erikson developed a theory distinctly emphasizing the conscious mind, social factors, and an individual's collective understanding of physical development.
1. Erikson formally introduced eight distinct stages of psycho-social development, describing a brilliant new approach widely known as developmental milestones. He firmly stated that as growing children sequentially pass through these crucial stages, they are automatically changed by continuously learning the various established norms of their society.
2. During the highly crucial stage of adolescence, growing individuals typically face the critical conflict area of identity versus role confusion. The favorable outcome of successfully navigating this intense crisis is seamlessly perceiving oneself as a highly unique, fully integrated individual possessing a firm sense of purpose.
3. However, if this complex developmental crisis is absolutely not successfully resolved, it leads to a highly unfavorable outcome largely characterized by severe confusion. The individual, much like Kabir, deeply struggles to understand who they really are, leading to overwhelming internal uncertainty regarding their future societal roles.

118. Meera, a dedicated marathon runner, does not run simply to win the first prize. Instead, she constantly sets her own target times and strictly evaluates her performance. Reaching these self-set goals brings her immense internal happiness, and she believes strongly in her generalized running capabilities.
With reference to the above, answer the following questions.
(i) Identify the two cognitive components of Albert Bandura's theory prominently displayed by Meera.
(ii) Explain three key concepts of Bandura's Social Learning Theory that firmly regulate such human behavior.

Ans :

(i) The two powerful cognitive components clearly displayed by Meera are "self-reinforcement" and "self-efficacy" from Albert Bandura's theory.

(ii) Albert Bandura emphasized that cognitive and social factors are highly influential in overall personality development and the strict regulation of behavior.
1. The self-system is a vital cognitive process intimately involving the internal perception, critical evaluation, and strict regulation of one's own behavior. It consistently ensures that an individual's actions are deemed highly appropriate in a given situation, heavily focusing on deeply anticipating and carefully planning for the future.
2. Self-reinforcement actively occurs when individuals highly appreciate their own hard work instead of relying solely on external rewards. By eagerly meeting personal, self-set goals—like Meera's specific marathon target times—people naturally generate their own internal happiness, which systematically serves as a remarkably powerful and effective behavioral reinforcement.
3. Self-efficacy distinctly refers to an individual's personal expectations and highly generalized beliefs regarding their own inherent capabilities. Even if initially developed exclusively for a specific task-oriented activity, these deep-seated beliefs about task-related abilities remain highly stable over time, serving as incredibly important aspects determining overall personality.

119. An internationally renowned artist frequently experiences brief moments of intense, overwhelming happiness while painting. During these exceptional moments, he loses all sense of time, space, and self-doubt, feeling a profound connection with the universe while functioning at his absolute highest potential.
With reference to the above, answer the following questions.
(i) Identify the specific psychological experience and the exact state of mind achieved by the artist.
(ii) Explain the three highest levels of growth and psychological fulfillment according to the relevant humanistic theorist.

Ans :

(i) The artist is experiencing a profound "Peak Experience" having successfully reached

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the ultimate state of "Self-actualisation" proposed by Abraham Maslow.

(ii) Abraham Maslow primarily focused on phenomenological development, stating that each person possesses innate urges strictly organized in a distinct need hierarchy.

1. Esteem needs represent a crucially important growth level where individuals strongly seek prestige, elevated status, dominance, and vital self-respect. Maslow explicitly indicated that all fundamental deficiency needs must be thoroughly satisfied first before humans can actively aspire to fulfill these slightly higher-order and significantly more complex needs.
2. Self-actualisation need is absolutely the rarest and uppermost driving force located within the entire need hierarchy. It distinctly represents an ultimate state of mind where the person is completely satisfied with lower-order needs and has successfully reached their absolute fullest true potential, driving immense personal creative realization.
3. Peak Experience prominently occurs primarily in self-actualized persons who repeatedly experience intense joy and profound wonder. Characterized by sudden ego transcendence, the individual completely loses debilitating self-doubt and self-consciousness, feeling fully present in the moment and deeply, inextricably connected to things considerably greater than themselves.

120. A clinical psychologist strongly wishes to meticulously assess a new patient's psychopathology and underlying personality structure. He strictly administers a highly comprehensive inventory containing exactly 567 hierarchical items, which explicitly requires the patient to answer entirely in 'True', 'False', or 'Cannot Say' categories.

With reference to the above, answer the following questions.

(i) Identify this specific standard personality inventory and explicitly state its latest widely used version.

(ii) Explain any three major clinical areas of personality that are systematically evaluated through this specific psychometric test.

Ans :

(i) The standard psychometric test is the Minnesota Multiphasic Personality Inventory, and its latest version specifically mentioned is the MMPI-2.

(ii) This exceptionally popular and widely utilized psychometric test rigorously evaluates various critical clinical aspects strictly through its ten designated scales.

1. Hypochondriasis is a distinctly key clinical area that carefully measures an individual's highly excessive and entirely unwarranted concern with their own bodily or somatic sensations. Consistently high scores actively indicate that the person is irrationally preoccupied with physical health despite lacking any genuine physiological disease or verifiable medical illness.
2. Psychasthenia highly effectively measures the strong presence of chronic worry, pervasive anxiety, and severe tension within the evaluated patient. It specifically and carefully evaluates underlying obsessiveness, recurring deep self-doubts, rigid compulsive behaviors, and general indecisiveness that routinely disrupt the individual's normal cognitive functioning and overall psychological stability.
3. Schizophrenia is an incredibly severe clinical area specifically evaluating the presence of highly odd thinking patterns and deep social alienation. The scale actively detects profound psychopathology by systematically measuring the occurrence of deeply disturbing auditory or visual hallucinations, alongside remarkably strong, firmly held irrational delusions indicating reality breaks.

121. Sameer is a highly ambitious multi-tasker who is extremely status-conscious and constantly pushes himself with exceptionally strict deadlines. In stark contrast, his colleague David is notably patient, deeply compliant to authority, and quietly suppresses all his negative emotions during frequent team conflicts.

With reference to the above, answer the following questions.

(i) Discuss the specific personality type and associated characteristics prominently

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displayed by Sameer.

(ii) Discuss the specific personality type and associated characteristics prominently displayed by David.

Ans :

(i) Sameer prominently exhibits the core traits of a Type-A personality, which was distinctively theorized based heavily on the clinical observation of heart disease patients.
   1. Type-A individuals possess an incredibly competitive drive, remaining rigidly organized and highly status-conscious. They are strongly ambitious multi-taskers who enthusiastically attempt to take on significantly more complex responsibilities than they can ever realistically handle in any single given demanding timeframe.
   2. They continuously display extreme time urgency, intense impatience, and severe free-floating hostility. Consequently, these high-achieving workaholics furiously push themselves with strict deadlines, actively hating both external delays and ambivalence while aggressively demanding that other people quickly get straight to the point.

(ii) David clearly embodies the fundamental traits of a Type-C personality, a specific classification distinctly suggested by Morris as a crucial addition to earlier typologies.
   1. People possessing a Type-C personality are fundamentally characterized by being highly co-operative and remarkably unassertive in nature. They generally remain exceptionally patient during stressful situations and are entirely compliant to governing authority without raising any aggressive objections or highly disruptive complaints.
   2. A major defining characteristic of this type is their strong internal tendency to actively suppress their negative emotions. Rather than openly expressing anger or deep frustration during conflicts, they silently internalize these feelings, which heavily influences their distinct behavioral responses and interpersonal dynamics.

122. During a comprehensive corporate evaluation, HR strongly notices that Rita is highly dependable, dutiful, and exceptionally organized in her daily tasks. Meanwhile, her teammate Sanjay is extremely energetic, loudly sociable, and constantly seeks enthusiastic interactions with all his immediate workplace peers.
With reference to the above, answer the following questions.

(i) Discuss the underlying personality dimension prominently displayed by Rita.

(ii) Discuss the underlying personality dimension prominently displayed by Sanjay.

Ans :

(i) Rita's workplace evaluation strongly reflects a highly specific dimension from the robust Five Factor Model, widely known by the distinct acronym 'OCEAN'.
   1. She prominently displays 'Conscientiousness', which is strictly defined as a strong internal tendency to remain highly organized, thoroughly dependable, and exceptionally dutiful. This highly reliable trait ensures she meticulously maintains strict professional discipline consistently at one end of the specified personality spectrum.
   2. If she significantly lacked this exact dimension, she would inevitably fall on the completely opposite end of this factor. Consequently, she would physically present as highly disorganized, remarkably lifestyle-choices, completely irresponsible, and chronically undependable regarding her standard corporate tasks and critical daily obligations.

(ii) Sanjay's distinct workplace behavior actively highlights another core lower-order facet successfully derived from extensive and complex factor analyses of personality questionnaires.
   1. He clearly demonstrates 'Extraversion', which distinctly encompasses a powerful psychological tendency to be visibly energetic, boldly assertive, and deeply sociable. His continuous enthusiastic interactions strongly reflect the absolute high end of this trait, actively driving his daily engagement with his immediate peers.
   2. Conversely, individuals scoring very low on this specific extraversion spectrum exhibit completely contrasting

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psychological characteristics. They naturally tend to be highly retiring, completely sober, deeply reserved, predominantly silent, and extremely cautious in all their routine social encounters and general surroundings.

123. Dr. Kapoor formally observes two distinct mental health patients. Patient X possesses a noticeably large head, excess fat, but is generally good-natured and highly sociable. Patient Y possesses a highly balanced, muscular body and actively demonstrates an energetic and strongly determined attitude towards recovery.
With reference to the above, answer the following questions.
(i) Discuss the specific physical constitution and corresponding personality type of Patient X.
(ii) Discuss the specific physical constitution and corresponding personality type of Patient Y.

Ans :

(i) Patient X vividly represents a highly specific classification firmly established by German psychiatrist Ernst Kretschmer after extensively researching human constitution.
1. According to this early typology, Patient X distinctly possesses a 'Pyknik' physical constitution. This specific biological structure is explicitly characterized by having a noticeably large head alongside an overtly fat or considerably plump physical physique successfully observed during the initial clinical examination.
2. In terms of directly corresponding psychological characteristics, individuals possessing this exact Pyknik constitution are fundamentally good-natured. They predominantly display a highly jolly temperament, remain extremely sociable in interactions, and naturally maintain a consistently easy-going behavioral approach towards their surrounding daily environment.

(ii) Patient Y embodies a completely different classification situated within Kretschmer's established typology, effectively showcasing a remarkably strong physical-mental clinical correlation.
1. Patient Y strongly demonstrates an 'Athletic' physical constitution, which is structurally defined by possessing a highly balanced bodily framework. This physically proportionate and strongly muscular build clearly sets them apart from the frail or excessively heavy body types described previously.
2. Psychologically, the prominent Athletic type is closely associated with consistently possessing a highly optimistic and remarkably adjusting disposition. These distinct individuals consistently remain extremely energetic, fiercely determined, and notably adventurous while proactively navigating various challenges within their immediate social and physical surroundings.

124. Nikhil firmly believes that his recent corporate promotion was entirely due to his own hard work and strategic planning. Conversely, his friend Tarun feels deeply that his own severe lack of career growth is completely controlled by external forces and unpredictable bad luck.
With reference to the above, answer the following questions.
(i) Discuss the specific component of social learning theory deeply governing Nikhil's belief system.
(ii) Discuss the specific component of social learning theory deeply governing Tarun's belief system.

Ans :

(i) Nikhil's core belief system operates distinctly under a prominent concept firmly established within J.B. Rotter's highly influential social learning theory.
1. Nikhil prominently demonstrates an 'internal locus of control'. People classified as internals firmly believe that their own direct actions systematically shape their ultimate destinies, actively taking full personal responsibility for all their professional achievements and strictly managing their daily life experiences.
2. Because they genuinely feel they possess the inherent cognitive power to strongly control their environment, internals proactively perceive all situational difficulties as manageable challenges. Consequently, they firmly remain significantly less prone to ever experiencing any overwhelming feelings of chronic helplessness.

(ii) Tarun's continuous career frustrations heavily reflect the exact opposite end of

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Rotter's formally established and widely recognized locus of control model.

1. Tarun prominently exhibits an 'external locus of control'. People classified as externals strongly believe that unpredictable outside forces, powerful surrounding authorities, or sheer luck entirely control whatever happens to them and absolutely dictate whatever daily situations they ultimately experience.
2. Because they firmly believe they maintain incredibly little active control over their own lives, externals very often feel deeply insecure. This continuous lack of perceived personal agency rapidly leads to a debilitating psychological state officially termed as severe Learned Helplessness.

125. An extensive historical study conducted on 4000 male college students attempted to successfully correlate basic body structures with specific personality traits, officially resulting in completely distinct behavioral categories like Viscerotonia and Somatotonia.
Explain the three somatotypes and their directly corresponding physical and personality characteristics based entirely on this specific somatotypical approach.

Ans :

William H. Sheldon successfully derived an early type theory focusing heavily on physical structures, where the three basic types are collectively called Somatotypes.

1. The Endomorph somatotype is physically characterized by a noticeably soft and round structure. These individuals possess highly developed body fatty viscera alongside a lax abdomen, while prominently featuring significantly underdeveloped bones and muscles compared to the other established body types.
2. The psychological personality type directly corresponding to the Endomorph structure is formally termed Viscerotonia. Individuals strictly falling under this specific categorization naturally display highly social behaviors, remain deeply affectionate towards others, and generally exhibit a distinctly relaxed or noticeably lazy overall temperament.
3. The Mesomorph somatotype prominently features a remarkably sturdy and highly muscular physical structure. Clinically characterized by visibly broad shoulders and a sharply slender waist, this beautifully balanced biological constitution physically represents the absolute midpoint within Sheldon's extensive classification system of human body types.
4. The personality type directly matching the Mesomorph structure is officially termed Somatotonia. These particular individuals consistently demonstrate highly active daily behaviors, routinely exhibit exceptionally reckless tendencies, and primarily maintain an overtly aggressive and strongly self-assertive psychological disposition within their daily environment.

126. A psychoanalyst clinically observes that a new patient exhibits excessive orderliness, severe compulsivity, and a remarkably stubborn strive for absolute perfection, which he strongly theorizes stems directly from overly harsh childhood toilet training.
Discuss the first two distinct stages of development proposed by this specific psychoanalytic approach, detailing their sources of pleasure and potential fixation outcomes.

Ans :

Sigmund Freud boldly proposed that the human libido effectively develops through distinct psychosexual stages, where successful resolution prevents deeply harmful psychological fixation.

1. The Oral stage lasts from birth to approximately eighteen months. During this initial developmental phase, the growing baby instinctively seeks intense physical pleasure mainly through the mouth, utilizing basic survival activities such as continuous sucking and frequent biting within their immediate environment.
2. If too little or excessively too much gratification occurs during this critical first stage, it predictably results in lifelong fixation. This strictly manifests later as extreme over-dependence, profound gullibility, blind optimism, harsh sarcasm, chronic argumentativeness, underlying hostility, and overtly unprovoked physical aggression.
3. The Anal stage typically occurs between eighteen months and three years. During

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this highly specific timeframe, primary pleasure is successfully derived directly from the physical process of bodily elimination through the anus, actually occurring as a direct psychological response to parental toilet-training efforts.

4. Fixation here heavily depends on the training method. Overly harsh training definitely causes excessive orderliness and compulsivity, as seen in the patient. Conversely, very relaxed training may directly result in an absolute lack of discipline, severe impulsivity, excessive generosity, and stark opportunism.

127. In a modern clinical setting, a psychologist utilizes an indirect technique coined by Frank, carefully presenting bilaterally symmetrical, unstructured, and highly ambiguous images printed on cards to a patient in a completely relaxed but controlled atmosphere.
Describe the test administration and the three crucial scoring determinants (Location, Contents, Originality) actively used to professionally interpret these specific ambiguous responses.

Ans :

The Rorschach Ink-blot Test deliberately employs ten official unstructured ink-blots to unknowingly evoke a subject's deepest unconscious urges, latent desires, and hidden conflicts.

1. During formal administration, the psychologist and subject typically sit closely next to each other. The subject holds each separate card one by one, carefully taking as much time as desired to freely say whatever comes to mind regarding what the highly ambiguous ink-blot specifically resembles.
2. Scoring by Location specifically refers to the exact physical part of the blot the testee primarily focuses on. Responses can indicate if the subject has seen the blot as a complete whole ('W'), focused on major significant details ('D'), or heavily highlighted minor components ('d').
3. Scoring by Contents meticulously categorizes what the given visual response actually contains. Common contents frequently identified by testees are systematically symbolized, such as 'H' for distinct human forms, 'A' for basic animal forms, 'N' for natural things, and 'O' for various inanimate objects.
4. Scoring by Originality strictly evaluates the absolute uniqueness of the subject's stated perception. It properly classifies the subject's distinct responses for each of the ten cards into either highly popular responses (marked as 'P') or highly unusual, uniquely personal, and significantly original responses ('O').

128. A renowned researcher heavily criticized highly simplistic typologies and instead systematically focused on successfully identifying 16 fundamental components of personality structure, explicitly aiming to scientifically distinguish between overt surface behaviors and their deeply underlying psychological roots.
Explain the four specific categories of traits formally classified by this researcher to correctly obtain a brilliantly clear picture of an individual's personality structure.

Ans :

Raymond Cattell brilliantly utilized extensive factor analysis to strongly assert that highly specific traits effectively function as the absolute fundamental components of personality.

1. Surface traits are distinct characteristics that are highly easily recognized by an individual's overt behavior. These traits are actually complex clusters of multiple traits that constantly seem to exist together externally, such as visible curiosity, strong integrity, unyielding honesty, or sudden pronounced nervousness.
2. Source traits serve as the absolute roots of all behaviors because they internally determine the deeply underlying psychological structure of personality. Cattell meticulously identified sixteen of them, effectively proving that all observable surface traits directly and continuously stem from these much deeper foundational source traits.
3. Common traits heavily represent those highly specific behavioral characteristics which are generally found widely distributed among all human groups. These universally shared psychological attributes strongly include basic emotional dimensions that are mostly common in all, such as standard honesty, typical aggression, and general daily cooperation.
4. Unique traits strictly define those exceedingly rare characteristics which are distinctly and uniquely found strictly within a single person. These specific personal attributes, such as highly personalized emotional reactions or distinct spiritedness,

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ultimately make the individual completely and wonderfully different from the rest of society.

129. To scientifically select highly capable personnel for a deeply demanding corporate job, the HR department decides to confidently move beyond standard written tests. They actively choose to conduct highly in-depth questioning and strongly have trained professionals directly watch the candidates' actions.
Discuss the two primary methods of behavioural analysis directly utilized here and specifically highlight their procedural nuances and potential critical limitations.

Ans :

Behavioural analysis essentially assesses someone's personality by directly observing their actions in various situations, primarily using structured interviews and highly disciplined clinical observation.

1. An interview is a direct method where individuals are formally assessed through deep answers to highly specific questions. A structured interview follows a highly specific protocol yielding objective answers, whereas an unstructured interview successfully features open-ended questions revealing significantly deeper facets of the interviewee's complex personality.
2. However, interviews severely suffer from substantial validity issues. Individuals must always carefully keep in mind that the interviewee might purposely not behave spontaneously due to the intimidating formal presence of the clinical psychologist, ultimately rendering the carefully gathered data completely invalid and scientifically inaccurate.
3. Observation is the primary method used most often by professionals to effectively understand a person. For entirely reliable and valid data, this highly careful observation must be exclusively done by highly trained professionals strictly following the prescribed standardized guidelines of rigorous clinical Behavioural analysis.
4. The major limitation of formal observation is that it remains an incredibly time-consuming clinical process. Furthermore, if the clinical psychologist using this highly delicate technique unfortunately lacks mature skills, the collected behavioral data can easily be interpreted incorrectly, rendering the entire diagnostic process completely invalid.

130. While 'personality' remains a somewhat ambiguous quality originally originating from the ancient Latin word 'persona', various modern thinkers have formally established precise terms to successfully describe an individual's specific associative bonds, distinct moral compass, and overall deeply held attitudes toward life.
Discuss the four distinct terms—Habits, Values, Character, and Disposition—that fundamentally relate to the much broader psychological concept of human personality.

Ans :

Various philosophers, sociologists, and psychologists have historically attempted to properly define personality by scientifically categorizing an individual's distinct thought processes, morals, and distinctive unique reactions.

1. Character strongly encompasses all of an individual's deeply ingrained personality traits that are actively moulded by his or her formal moral, social, and highly religious attitudes. It firmly and permanently constitutes the person's ultimate moral code, strictly guiding their ethical judgments in the given environment.
2. Habits properly define an individual's strong internal tendency to unconsciously respond in a highly specific way to a certain familiar stimulus. A strong associative bond is firmly established due to continuous repeated practice, automatically resulting in a remarkably reliable positive feedback loop or highly pleasurable experience.
3. Values explicitly refer to an individual's complex cognitive structures that directly effect the vital choices he constantly makes based on a strict moral compass of fundamental right and wrong. These can be distinctly and correctly viewed at both an individual level and a much broader group level.
4. Disposition actively describes the profound way an individual normally perceives and consistently interacts with the completely surrounding world. It strictly governs his or her overarching positive or negative attitude towards life in general, deeply influencing their constant way of thinking, emotional feeling, and routine acting.

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131. Meera always thought of herself as a highly independent and capable teenager. However, her parents constantly overprotected her, doing everything on her behalf. To cope with the stress of this mismatch between her beliefs and reality, she convinced herself that her parents' behaviour was simply normal parental love.

(i) Identify the psychological method Meera is using to reduce her anxiety.

(ii) Discuss the theoretical framework behind Meera's original unhappiness and maladjustment, and explain one other way she could have reacted.

Ans :

(i) Meera is using a psychological method called distortion to reduce her anxiety, wherein she changes her perception of reality to make it perfectly consistent with her existing self-concept.

(ii) According to the humanistic theorist Carl Rogers, every individual develops a specific idea about themselves called the self-concept, which is based entirely on the information and beliefs they hold regarding their own personal characteristics.

1. Whenever an individual's self-concept strongly fails to match with reality, or their perception of environmental reactions, severe anxiety is generated which makes the person deeply unhappy and maladjusted.
2. Therefore, the lesser the gap between the self-concept and the real self experience, a state known as congruence, the happier and more well-adjusted the person will be in life.
3. Another common method of reducing such anxiety is denial, wherein the girl could completely refuse to acknowledge the actual fact that she is rapidly losing her independence due to her parents' overprotective behaviour.

132. Mahatma Gandhi is universally remembered for his unwavering commitment to non-violence. This single guiding principle completely ruled his entire life, motives, and behaviours. However, his close friends also knew him to be generally honest and cooperative, while his occasional preference for a specific diet was rarely noticed by the public.

(i) Identify the type of personality trait that entirely guided Gandhi's unwavering commitment to non-violence.

(ii) Explain the other two categories of traits evident in Gandhi's personality according to the relevant trait theorist.

Ans :

(i) The type of personality trait that entirely guided Gandhi's unwavering commitment to non-violence throughout his life is known as a cardinal trait, which rules a person's motives and behaviours.

(ii) Gordon Allport extensively investigated the various ways in which traits combine to form normal personalities and subsequently found that personality characteristics varied significantly in their overall importance and influence.

1. Central traits refer to those five to ten core traits which are highly important for determining the person's unique individuality, such as Gandhi being generally honest, aggressive, or cooperative with his peers.
2. Secondary traits refer to those other distinct traits that are relatively weaker and much less important, having considerably less impact on a person's daily behaviour, like Gandhi's specific occasional dietary preferences.
3. Furthermore, all such identified traits continually differ in their specific degree of intensity and overall magnitude, ensuring that no two individuals possess the exact same traits in identical proportions.

133. Rohan found a wallet full of cash on a lonely street. His immediate impulse was to take the money and buy the video game he desperately wanted. However, he quickly realized that stealing is morally wrong and society would condemn it. Eventually, he decided to hand the wallet over to the police station, finding a balance between his desires and societal rules.

(i) Identify the component of personality that actively urged Rohan to immediately take the money.

(ii) Discuss the other two components of personality that influenced Rohan's final decision.

Ans :

(i) The specific component of personality that actively urged Rohan to immediately take

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the money for his immediate gratification is the Id, which solely works on the pleasure principle.

(ii) Sigmund Freud famously suggested that human personality is primarily determined by the complex interplay of various psychological processes happening beyond conscious awareness, consisting of three deeply interconnected structural parts.

1. The Superego is the specific component of personality that deeply represents the individual conscience or the inner sense of right and wrong that Rohan has effectively acquired from his elders, society, and culture.
2. The Superego fundamentally operates on the morality principle, constantly struggling to establish strict moral constraints upon the instinctual, pleasure-seeking drives or spontaneous behaviours originally arising from the primitive Id.
3. The Ego practically takes into account external reality and effectively plays the role of a mediator between the Id and Superego, operating strictly on the reality principle to responsibly guide Rohan to the police station.

134. A sports coach noticed that his junior athletes were not highly motivated by external rewards like trophies. Instead, they closely watched the senior athletes' training routines and eagerly adopted their style of grooming and exercising. Furthermore, these juniors set their own personal timing goals and felt immensely happy whenever they achieved them, regardless of winning.

(i) Identify the specific process by which the juniors acquired the grooming and exercising patterns of the seniors.

(ii) Explain the concepts that drive the juniors to set and achieve their personal timing goals.

Ans :

(i) The specific process by which the junior athletes actively acquired the distinct grooming and exercising behaviour patterns of the senior athletes is known in psychology as observational learning.

(ii) Albert Bandura's prominent theory firmly stresses that cognitive and social factors are highly influential in personality development, specially emphasising how human cognitive processes regulate personal behaviour appropriately in various given situations.

1. Bandura successfully proposed the vital concept of the self system, suggesting that individuals do not only look forward to external reinforcements, but also continuously tend to evaluate the final results of their own daily actions.
2. While closely anticipating and meticulously planning for their future, people actively develop something called self-reinforcement, an internal process in which they deeply appreciate their own dedicated work and personal achievements.
3. By establishing and successfully meeting their own self-set goals, such as the specific personal timing targets mentioned, the junior athletes experience profound internal happiness, which serves as their ultimate self-reinforcement.

135. During a corporate recruitment drive, the manager asked the candidates to complete a project while secretly instructing some team members to be highly uncooperative and interfering. The manager observed the candidates' reactions to this stressful environment. Later, he gave a surprisingly high overall rating to one candidate simply because he liked the candidate's confident speaking style, ignoring his poor teamwork.

(i) Identify the specific type of assessment test the manager conducted with the uncooperative team members.

(ii) Explain the error made by the manager during the rating process and discuss its impact on behavioural assessment.

Ans :

(i) The specific type of assessment test that the manager actively conducted with the uncooperative team members is known historically as a situational stress test.

(ii) Behavioural ratings routinely involve people who have interacted with an individual rating their specific behaviour on various categories, but this specific observational method can easily become disadvantageous due to deep personal bias.

1. The manager's overall assessment of the individual was improperly coloured by his strong liking for the candidate's single confident speaking trait, which

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directly gives rise to what is called the halo effect.

2. Due to the halo effect, a rater might also inappropriately rate the quality of the actual work submitted as very high or very low simply based on their personal liking or disliking of one entirely unrelated tendency.
3. This ultimately becomes a major disadvantage to the assessment process, as it heavily compromises the reliability of the data, requiring raters to be given extensive professional training to properly overcome these severe rating disadvantages.

136. Since childhood, Kabir's parents were highly indifferent and irresponsible towards his needs. Consequently, he grew up feeling extremely insecure, helpless, and anxious. As an adult, he deals with social relationships in two distinct ways: he either completely withdraws from people to protect himself from emotional pain, or he fiercely tries to dominate and overpower his colleagues at work.

(i) Explain the primary childhood cause behind Kabir's current emotional state.

(ii) Discuss the two specific styles of social behaviour Kabir exhibits as an adult.

Ans :

(i) According to the prominent psychoanalytic theorist Karen Horney, severe psychological disorders frequently develop due to prolonged disturbances in interpersonal relationships during childhood.

1. Kabir's parents were totally irresponsible and indifferent, which made him inherently feel weak, powerless, and deeply insecure, ultimately giving rise to a deep-seated psychological condition called basic anxiety.
2. This deeply negative parental behaviour also generates basic hostility within the child, but since this intense hostility is actively repressed and cannot be directly manifested to parents, it massively increases the child's overall anxiety levels.

(ii) To effectively cope with his unresolved basic anxiety and repressed hostility, Kabir frequently relies on specific defensive models of social behaviour in his adult life.

1. By fiercely dominating and actively overpowering his colleagues, Kabir perfectly displays the moving against others or aggressive style, which expresses basic hostility while completely denying his underlying basic anxiety.
2. By completely withdrawing himself from social relationships to actively avoid pain, Kabir strongly displays the moving away from others or withdrawn style, thereby permanently depriving himself of essential growth opportunities in the social realm.

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137. A clinical psychologist presented a 25-year-old client with a series of vague, ambiguous pictures featuring human characters. The client was given no time to think and was simply asked to creatively narrate a story for each picture, explaining what led to the scene, what was currently happening, and how the story would end.

(i) Explain the fundamental nature and structure of the psychological test administered to the client.

(ii) Discuss how the psychologist will interpret the narrative style and outcome of the client's stories.

Ans :

(i) The clinical psychologist actively administered the Thematic Apperception Test (TAT), which is a renowned projective psychological test originally prepared by C.D. Morgan and H.A. Murray.

1. The complete test material normally consists of 31 distinct cards depicting various vague and indefinite scenes with human characters, where adult subjects are given maximum 20 cards across two separate psychological sessions.
2. By not giving the subject any time to think, it is fundamentally assumed that the subject will naturally project his deep unconscious emotions, hidden impulses, and internal anxieties onto the highly ambiguous scenes.

(ii) The professional scoring and interpretation of the narrated stories is done by carefully analysing recurring themes rather than focusing entirely on one single story.

1. The style of the story is deeply analysed by checking the total length, the specific language used, the logical organisation

of the content, and the subject's overall originality and creative expression.

2. The outcome of the story is strictly evaluated by carefully observing whether the narrative eventually leads to a definitively happy or a sad ending, actively helping the psychologist reliably determine a global view of the individual.

138. During a university health camp, a doctor categorized three students based on their physical constitution. Anil was observed to be soft and round with an affectionate and lazy temperament. Brijesh had a sturdy, muscular structure with broad shoulders, showing a highly active and aggressive nature. Finally, Chirag was extremely weak and frail with a pessimistic and unsocial attitude.
Discuss the specific physical and personality typologies of these three students according to the relevant historical theory of personality.

Ans :

William H. Sheldon successfully derived a prominent personality type theory from an extensive scientific study conducted on thousands of male college students, firmly establishing the Somatotypical Approach.

1. Anil visibly possesses the Endomorph somatotype, physically characterised by a highly soft and round body with heavily developed fatty viscera, and consistently exhibits the Viscerotonia personality type, making him deeply social, remarkably affectionate, and notably lazy.
2. Brijesh perfectly represents the Mesomorph somatotype, physically distinguished by a highly sturdy, muscular structure featuring broad shoulders and a slender waist, flawlessly matching the Somatotonia personality type, which is highly active, visibly reckless, and aggressively self-assertive.
3. Chirag flawlessly illustrates the Ectomorph somatotype, distinctly characterised by a severely weak and frail physical structure with noticeably narrow shoulders, perfectly corresponding to the Cerebrotonia personality type, which is notoriously pessimistic, deeply unsocial, and completely lacks self-confidence.
4. Sheldon meticulously studied these overarching body structures and firmly concluded that each individual's unique physical somatotype flawlessly matches with a very specific, predictable personality temperament, fundamentally establishing a direct correlation between human physique and internal psychological traits.

139. An 80-year-old retired teacher spends his evenings sitting on his porch, looking back at his long life. He feels a deep sense of satisfaction, knowing he raised his children well and contributed meaningfully to society through his teaching. He frequently tells his grandchildren that his life was truly well-spent and he harbors no regrets about his past choices.
Explain the psychosocial stage the retired teacher is currently experiencing and discuss the prior stage that helped him achieve his current mindset.

Ans :

According to Erik Erikson, human beings continuously pass through eight different distinct stages of psychosocial development, where their personality progressively develops by learning various social norms and resolving specific developmental crises.

1. The elderly retired teacher is currently experiencing the final psychological stage of Ageing Years, which specifically involves successfully resolving the critical conflict area of Integrity versus Despair.
2. Because he actively views his extensively long life as completely meaningful and deeply valuable, he has successfully achieved the highly favourable outcome of Integrity, gracefully avoiding the strongly unfavourable outcome of painful life dissatisfaction and despair.
3. Prior to this final phase, during his Middle Age, he successfully navigated the crucial psychosocial crisis of Generativity versus Self-absorption by passionately teaching his students and responsibly raising his beloved children.
4. This extremely vital earlier stage strictly required a profound, selfless concern for family and society, allowing him to actively help and guide younger persons rather than becoming tragically self-centred and satisfying only his own selfish personal needs.

140. During a difficult board examination, two students reacted very differently to a tough paper. Suresh remained calm, believing that

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his thorough preparation and hard work would eventually shape his destiny and secure good marks. On the other hand, Ramesh panicked, believing that the examiners were deliberately setting impossible papers and that he had absolutely no control over his academic fate.
Analyze the contrasting belief systems of Suresh and Ramesh using the relevant cognitive model of personality.

Ans :

J.B. Rotter, a leading psychologist of social learning theory, expertly established the Locus of Control model to effectively understand how individuals uniquely perceive their personal control over diverse life situations.

1. Suresh distinctly demonstrates an internal locus of control, meaning he is an 'internal' who strongly believes that his own daily actions and dedicated hard work entirely shape his personal destiny.
2. Because Suresh firmly believes he has the internal power to actively control his environment and personal experiences, he confidently takes all academic difficulties as direct challenges and is completely less prone to feelings of helplessness.
3. Conversely, Ramesh completely exhibits an external locus of control, identifying as an 'external' who tragically believes that outside forces totally control whatever actively happens to him and whatever stressful situations he experiences.
4. Since Ramesh essentially believes he has extremely little control over his external environment, he very frequently feels highly insecure and ultimately develops Learned Helplessness, feeling hopeless after facing difficult situations where he perceives no personal action can succeed.

141. Read the conversation below and answer the questions that follow:

Counsellor: "Ananya, you mentioned you are a very independent person who makes her own choices."

Ananya: "Absolutely. I decide everything for myself."

Counsellor: "But earlier you said your parents chose your college, your subjects, and even your curfew. How does that fit with your independence?"

Ananya: "Oh, that is just normal parental love. They aren't controlling me; they are just caring for me."

Counsellor: "Do you think refusing to acknowledge their overprotective behaviour might be a way to protect your self-concept?"

(i) Identify the psychological mechanism Ananya is using to reduce her anxiety according to Carl Rogers.

(ii) Explain the concept behind this anxiety and describe two other related concepts from Rogers' theory that explain her situation.

Ans :

(i) Ananya is using the psychological mechanism of 'distortion' to reduce the anxiety caused by incongruence.

(ii) According to Carl Rogers' humanistic theory, this situation can be understood through the following concepts:

1. Self-concept and Incongruence: Based on beliefs about their characteristics, individuals develop a self-concept. When this self-concept does not match with reality or environmental reactions, it generates an anxiety called incongruence, making the person maladjusted.
2. Distortion: To cope with the anxiety of incongruence, an individual often changes their perception of reality to make it consistent with their self-concept, just like Ananya perceiving overprotection as normal parental love.
3. Denial: Another method of reducing this anxiety is denial, wherein the individual completely refuses to acknowledge the threatening reality, such as a girl refusing to accept she is losing independence to protect her self-concept.

142. Read the conversation below and answer the questions that follow:

Mrs. Desai: "Rohan, why did you forcefully take the captaincy from Amit during the match today?"

Rohan: "Because I am the strongest. Everyone must listen to me."

Mrs. Desai: "But a leader should collaborate, not bully others into submission."

Rohan: "If I don't dominate them, they will think I am weak and take advantage of me."

Mrs. Desai: "Protecting yourself doesn't mean you have to overpower everyone around you."

(i) Which style of social behaviour is Rohan displaying according to the post-Freudian theorist who proposed basic anxiety?

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(ii) Describe this style and briefly explain the other two styles of social behaviour proposed in this theory.

Ans :

(i) Rohan is displaying the 'Moving against others' or the aggressive style of social behaviour to mask his anxiety.

(ii) According to Karen Horney, parental behaviour that makes a child feel insecure gives rise to basic hostility and anxiety, leading to three coping styles:

1. Moving against others (aggressive style): The child tries to protect himself by dominating and overpowering others. Although basic hostility is openly expressed, there is a denial of basic anxiety, leaving feelings of weakness unexplored and unresolved.
2. Moving towards others (passive style): The child seeks security by becoming excessively compliant. To gain the love and approval of others, they are inclined to do whatever is wished, which often results in feeling exploited and unhappy.
3. Moving away from others (withdrawn style): The child withdraws himself or herself from social relationships to protect themselves from the pain of social relations. This deprives the person of opportunities for growth in the social realm.

143. Read the conversation below and answer the questions that follow:

Kabir: "I cannot believe I failed the driving test again. The inspector just had a personal grudge against me."

Sameer: "Maybe you should practice reverse parking a bit more, Kabir. We have the power to improve our skills."

Kabir: "No, it is entirely about luck. Outside forces control whatever happens to us, so there is no point in trying."

Sameer: "I disagree. I passed because I practiced for weeks. Our own actions shape our destinies, not luck."

Kabir: "You are just saying that because you got lucky."

(i) Identify and explain the personality concept demonstrated by Kabir's statements.

(ii) Identify and explain the contrasting concept demonstrated by Sameer's perspective.

Ans :

(i) Kabir's statements reflect the concept of an external locus of control, a model of personality proposed by J.B. Rotter.

1. People with an external locus of control (externals) believe that outside forces control whatever happens to them and dictate whatever they experience in their daily lives.
2. Because they believe they have little control over what happens to them, they very often feel insecure and helpless, which can lead to a condition known as learned helplessness.

(ii) Sameer's perspective demonstrates the contrasting personality concept known as an internal locus of control.

1. Individuals with an internal locus of control (internals) firmly believe that their own actions shape their destinies and that they have the inherent power to control the environment.
2. Such people tend to view all difficulties and obstacles as challenges to be overcome, making them significantly less prone to feelings of helplessness in stressful situations.

144. Read the conversation below and answer the questions that follow:

Examiner: "I am going to show you a series of pictures one by one. The situations in them will be vague."

Rahul: "Am I supposed to guess the correct answer about what is happening?"

Examiner: "There are no right or wrong answers. This assesses your creativity. You must narrate a story based on the scene."

Rahul: "What exactly should my story include?"

Examiner: "You need to state what is happening now, what happened before to lead to this scene, and what will happen after."

Identify the projective psychological test being administered in the dialogue. Explain any four ways in which the stories narrated in this test are scored and interpreted.

Ans :

The projective psychological technique being administered in the interview dialogue is the Thematic Apperception Test (TAT), developed by Morgan and Murray. The responses are scored and interpreted in the following ways:

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1. Hero of the story: The primary character conceptualized by the subject in their narrative is carefully analysed, as it directly reflects and shows the subject's own personality type.
2. Theme of the story: The examiner looks at the fundamental nature of the plot or theme used. It signifies the underlying unconscious impulses, anxieties, and desires the subject projects onto the ambiguous scene.
3. Content of the story: This aspect reveals the subject's specific interests, sentiments, and attitudes. It also highlights the manner of the behaviour expressed—whether based in reality or fantasy—and the inner state of the mind.
4. Style of the story: The evaluator assesses the length of the story, the language and kind of narrative used, the quality of expression, organisation of the content, as well as the subject's originality and creativity.

145. Read the conversation below and answer the questions that follow:

Mr. Gupta: "Look at the new neighbour, Vineet. He has such a sturdy, muscular structure and broad shoulders."

Mr. Sharma: "Yes, I spoke to him yesterday. He is highly active, sometimes a bit reckless, and very self-assertive."

Mr. Gupta: "Contrasts entirely with his brother, who is soft and round, with an underdeveloped muscular build."

Mr. Sharma: "True! His brother is so affectionate, highly sociable, and surprisingly lazy most of the time."

Mr. Gupta: "It is fascinating how their physical structure seems to perfectly match their temperaments."

Identify the personality theory that explains the neighbours' observations. Describe the three physical classifications and their associated personality traits as mentioned in this theory.

Ans :

The conversation illustrates William H. Sheldon's Type Theory, also known as the Somatotypical Approach, which derived a correlation between body structure and specific personality characteristics.

1. Sheldon studied male college students and proposed that human body structure and physique can be categorised into three basic somatotypes, each matching a distinct personality temperament.
2. Endomorphs possess a soft and round physical structure with highly developed fatty viscera and underdeveloped muscles. They exhibit 'Viscerotonia' personality traits, meaning they are highly social, affectionate, and generally lazy.
3. Mesomorphs are characterised by a sturdy and muscular physical structure with broad shoulders and a slender waist. Their corresponding personality type is 'Somatotonia', making them highly active, reckless, aggressive, and self-assertive in nature.
4. Ectomorphs have a weak, frail, and thin body with narrow shoulders and stringy muscles. They display 'Cerebrotonia' personality traits, indicating that they are pessimistic, unsocial, tend to seek solitude, and deeply lack self-confidence.

146. "The curious paradox is that when I accept myself just as I am, then I can change." — Carl Rogers

Riya perceives herself as an extremely independent girl, but she relies heavily on her parents to make basic decisions for her. When her friends point this out, she refuses to acknowledge it and claims they are just jealous.

(i) Identify the psychological concept explaining the gap between Riya's self-perception and reality.

(ii) Explain the two methods she might use to cope with the anxiety arising from this gap, along with the fundamental principle needed for healthy development.

Ans :

(i) The psychological concept explaining the gap between Riya's self-perception and her actual reality is termed incongruence.

(ii) According to the humanistic approach, individuals use specific mechanisms to cope with anxiety arising from this gap:
   1. Riya might use distortion, wherein she alters her perception of actual reality to make it consistent with her existing self-concept, such as viewing her extreme dependence on her parents as merely accepting normal parental love and care rather than a lack of independence.
   2. She is already using denial, which is a method of reducing anxiety wherein

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she completely refuses to acknowledge the actual reality of her dependent behaviour, instead choosing to falsely believe that her friends are simply jealous of her life and ignoring their valid observations entirely.

3. To ensure healthy personality development, Riya requires an environment of unconditional positive regard, where she feels completely accepted and loved by others regardless of her actions or flaws, thereby eliminating the need to distort reality or behave in specific ways just to gain approval.

147. "Fortunately, analysis is not the only way to resolve inner conflicts. Life itself still remains a very effective therapist." — Karen Horney

Kabir grew up with indifferent and rejecting parents. As an adult, he avoids forming close social relationships and prefers to isolate himself to protect against the pain of interaction.

(i) Identify the underlying feeling Kabir developed during childhood due to his parents' behaviour.

(ii) Describe the three styles of social behaviour individuals like Kabir might adopt to cope with such feelings.

Ans :

(i) Kabir developed basic anxiety during his childhood due to the disturbance in interpersonal relationships and feelings of being weak and unprotected.

(ii) To cope with repressed hostility and anxiety towards parents, children rely on three styles of social behaviour:

1. Moving towards others is a passive style where the child seeks security by being excessively compliant and inclined to do whatever others wish, resulting in total repression of basic hostility and a tendency to make the individual feel exploited and deeply unhappy.
2. Moving against others is an aggressive style where the child tries to protect himself by dominating and overpowering others around him. Although basic hostility is openly expressed, there is a denial of basic anxiety, leaving feelings of weakness entirely unresolved.
3. Moving away from others is a withdrawn style, exactly like Kabir's, where the child withdraws himself from social relationships to protect himself from emotional pain, which ultimately deprives the person of valuable opportunities for growth in the broader social realm.

148. "People not only gain understanding through reflection, they evaluate and alter their own thinking." — Albert Bandura

Sneha observes her elder sister getting praised for playing the piano and decides to learn it too. She sets a goal to practice daily and feels immensely happy when she achieves her daily target, even without external praise.

(i) Explain the process through which Sneha acquired the new behaviour and the cognitive regulatory system she uses.

(ii) Describe how she evaluates her actions and the belief system that sustains her daily practice.

Ans :

(i) Sneha's behavioural regulation is understood through these principles:

1. Observational learning is the process where Sneha acquires new behaviour simply by observing her sister as a model. This indirect learning heavily impacts her personal interests, habits, and overall behavioural pattern without requiring any direct instruction.
2. The self-system represents her cognitive processes of perception, evaluation, and regulation of behaviour. It ensures her actions, like choosing to learn the piano, are appropriate and carefully planned for the specific situation she is experiencing.

(ii) Her continued motivation is maintained through these mechanisms:

1. Self-reinforcement occurs when Sneha appreciates her own work and feels happy upon meeting her self-set daily goals. She evaluates her actions and relies on internal satisfaction rather than waiting for external praise to feel accomplished.
2. Self-efficacy involves Sneha's individual expectations from herself regarding her capabilities. Her stable belief in her ability to successfully perform the specific task of learning the piano acts as an important aspect of her personality and consistent effort.

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149. "The five-factor model represents a comprehensive taxonomy of personality traits." — Robert McCrae
A corporate firm uses a hierarchical model derived from factor analyses of lower-order facets to assess potential employees. Explain four underlying dimensions of this model used to comprehend the relationship between personality and occupational behaviour.

Ans :

The Big Five model proposes underlying dimensions of personality that deeply influence an individual's behaviour:

1. Openness to experience indicates the degree of intellectual curiosity, creativity, variety, and preference for novelty a person has on one end, compared to being simple, down-to-earth, and without much interest in new things at the other end.
2. Conscientiousness represents a crucial tendency for employees to be organized, dependable, dutiful, and strictly disciplined at one end. This contrasts with a tendency to be highly disorganised, impulsive, irresponsible, and entirely undependable at the other end of the dimension.
3. Extraversion involves a tendency to be energetic, assertive, sociable, and enthusiastic at one end. This is evaluated against the opposite end of the spectrum where an individual might be extremely retiring, sober, reserved, silent, and highly cautious in social interactions.
4. Neuroticism, also known as emotional stability, measures the tendency to be hypochondriacal and experience unpleasant emotions easily, such as anger, anxiety, and depression at one end, compared to being completely calm and poised at the other end.

150. "The mind is like an iceberg, it floats with one-seventh of its bulk above water." — Sigmund Freud
During a clinical assessment, Dr. Sharma uses a projective psychological test consisting of 31 cards portraying vague and indefinite situations. The subject is asked to narrate an imaginary story without being given time to think. Discuss four key criteria Dr. Sharma will use to score and interpret these stories.

Ans :

Dr. Sharma uses the Thematic Apperception Test (TAT), rigorously interpreting the stories through the following criteria:

1. The hero of the story is identified by the examiner, which effectively shows the subject's own personality type. Additionally, the overall theme of the story is analysed, as it clearly signifies the specific nature of the plot or theme utilized by the subject.
2. The style of the story is evaluated, which includes the length, language used, kind of narrative such as direct or indirect speech, the quality of expression being forced or poor, and the overall organisation, originality, and creativity of the content.
3. The content of the story reveals the subject's genuine interests, sentiments, and attitudes shown. It highlights the specific manner, whether rooted in reality or fantasy, of the behaviour expressed and provides deep insight into the inner state of the mind.
4. The examiner notes the test situation as a whole, focusing on the subject's reactions. Particular conspicuous emphasis or omissions are checked, carefully observing things that have been deliberately omitted, added, distorted, or paid extra attention to during the narration.

EIGHT MARKS QUESTIONS

151. Meera is a child psychologist conducting a seminar for young parents on the profound impact of early childhood experiences. She emphasises how children pass through distinct physical phases where inner psychic energy is heavily focused on different parts of the body, and explains how improper psychological gratification during these specific phases can directly lead to long-term personality issues and deep behavioural fixations in adulthood.

(i) Identify the precise concept of psychic energy comprehensively discussed by the child psychologist.

(ii) Describe the first three progressive stages of development and the specific behavioural consequences of fixation in these stages, as highlighted in this psychoanalytic approach.

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Ans :

(i) The primary concept of psychic energy discussed in this context is 'Libido', which directly powers all mental activity and develops sequentially through different psychological stages of life from birth to adulthood.

(ii) Sigmund Freud proposed distinct, sequential stages of psychosexual development, wherein the first three critical stages and their respective lifelong fixation outcomes are comprehensively described below:

1. In the initial Oral stage, lasting from birth to eighteen months, the dependent baby actively seeks pleasure mainly through the mouth by physical activities like sucking and biting, making it the primary focus of libidinal energy.
2. Fixation occurs if a child experiences too little or too much gratification in the oral stage, which ultimately results in adult personality characteristics such as over-dependence, gullibility, extreme optimism, sarcasm, argumentativeness, deep hostility, and aggressive tendencies.
3. During the Anal stage, spanning eighteen months to three years, physical pleasure is derived from the biological process of elimination through the anus, which occurs primarily in response to the active efforts made by parents during toilet-training.
4. An overly harsh toilet training process inherently causes excessive orderliness, compulsivity, and stubbornness, whereas a very relaxed toilet training approach may result in a severe lack of discipline, impulsive actions, excessive generosity, opportunism, and visible behavioural disparity.
5. The Phallic stage, from three to seven years, involves pleasure sought strictly through genitals, with the sequence beginning with an erotic focus on the parent of the opposite gender, leading to the Oedipus Complex or Electra Complex.
6. If a young child becomes psychologically fixated at the phallic stage due to unresolved emotional conflicts, the general personality characteristics developed include highly attention-seeking behaviour, deep frustration, inappropriate exhibitionism, highly unrealistic ambitions, and a strong sense of self-love.

152. During a massive corporate restructuring, a human resources manager deliberately uses a specific psychological model to rigorously evaluate her employees. She carefully observes that Kabir is highly imaginative, distinctly prefers operational variety, and remains intellectually curious at all times. She notes to the board that this model relies on the famous acronym 'OCEAN' to systematically classify individual behavioural dispositions on a measurable spectrum.

(i) Identify the exact psychological model being used by the manager and briefly explain its statistical origin.

(ii) Discuss the five distinct measurable dimensions of this specific model that fundamentally determine an individual's unique academic or professional behaviour.

Ans :

(i) The manager is carefully utilising the Five Factor Model of personality, commonly known as the Big 5 model. This framework is hierarchically derived from complex factor analyses of diverse questionnaire measures, including insightful self-reports and objective peer ratings.

(ii) The five underlying dimensions of personality comprehensively described in this popular psychological model, famously known by the global acronym OCEAN, dictate professional behaviours and are detailed as follows:

1. Openness to experience represents the distinct degree of vibrant intellectual curiosity, boundless creativity, functional variety, and a strong preference for novelty a person possesses on one end, versus being fundamentally simple, down to earth, and without much active interest in new things.
2. Conscientiousness thoroughly denotes an individual's inherent tendency to be highly organized, persistently dependable, dutiful, and strictly disciplined at one end, contrasting sharply with being entirely disorganised, highly impulsive, completely irresponsible, careless, and routinely undependable at the opposite end of the spectrum.
3. Extraversion specifically highlights a strong, visible tendency to be consistently energetic, socially assertive, highly sociable, and deeply enthusiastic at one extreme end, while the other end

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represents individuals who are generally retiring, sober, socially reserved, silent, cautious, and far less actively engaged.

4. Agreeableness beautifully characterises a person's dominant tendency to be deeply compassionate, willingly cooperative, naturally good-natured, highly trusting, and genuinely helpful at one end, compared to being inherently non-cooperative, highly suspicious, socially hostile, and easily irritable at the other end of the evaluation scale.
5. Neuroticism, interchangeably known as Emotional Stability, accurately describes the psychological tendency to be severely hypochondriacal and experience unpleasant emotions easily, such as frequent anger, intense anxiety, and deep depression at one end, as opposed to remaining completely calm, composed, and peacefully poised.

153. Vikram is a highly dedicated amateur marathon runner. Interestingly, he does not enthusiastically run to win the first prize, but rather sets a strict personal target to simply finish the arduous race within a specific time frame. Achieving this internal target brings him immense personal happiness. Furthermore, his friends have noticed that his running posture and overall physical grooming have dramatically improved simply by carefully watching famous global athletes on television.

(i) Identify and describe the specific psychological process through which Vikram successfully acquires his running posture and grooming habits, as proposed by Albert Bandura.

(ii) Explain the vital process of the 'self-system' and discuss exactly how Vikram's internal happiness upon meeting his personal target perfectly exemplifies the mechanism of 'self-reinforcement'.

Ans :

(i) Based on Albert Bandura's comprehensive social learning framework, the precise psychological process actively enabling Vikram's behavioural acquisition is observational learning, detailed as follows:

1. In the crucial psychological process of observational learning, an individual actively acquires completely new behaviour patterns and vital situational information simply by carefully observing the actions, routines, and overall behaviours of other prominent individuals acting as external models.
2. The specific role models that the individual eagerly imitates might not necessarily be present in flesh and blood when the actual learning occurs, but can instead be effectively presented symbolically through modern media formats like films or on television screens.
3. Such symbolic observational learning, as clearly demonstrated by Vikram watching famous athletes, possesses an immense psychological impact on the individual's personal pattern of dressing, grooming, specific daily habits, inherent interests, physical poise, and their overall integrated behaviour pattern.

(ii) Albert Bandura strongly emphasises the profound role of internal cognitive and evaluative mechanisms in human personality development through these interrelated conceptual processes:

1. The self-system is a comprehensive cognitive process encompassing the active perception, rigorous evaluation, and strict internal regulation of an individual's own overt behaviour so that it always remains highly appropriate and adaptive in any given complex social situation.
2. According to Bandura, highly functioning people do not merely look forward to external environmental reinforcements, but they actively tend to evaluate the realistic results of their independent actions while continually anticipating and proactively planning for their future endeavours.
3. Consequently, individuals develop a critical internal mechanism called self-reinforcement, a fulfilling psychological state in which they independently appreciate their own dedicated work and feel immense personal satisfaction without relying heavily on any external validation or societal rewards.
4. Vikram perfectly exemplifies this exact mechanism because meeting his independently self-set goals of finishing the marathon makes him genuinely

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happy, serving as a powerful internal self-reinforcement that consistently motivates his ongoing athletic behaviour despite never winning the first prize.

154. Sneha strongly perceives herself as a highly independent and exceedingly capable young woman, yet her parents constantly over-protect her and strictly monitor her daily activities. To desperately maintain her psychological comfort and significantly reduce her rising inner anxiety, she forcefully convinces herself that her parents' extreme behavioural restrictions are simply healthy expressions of normal parental love, completely refusing to consciously acknowledge the painful loss of her personal independence.

(i) Identify the exact psychological term used by Carl Rogers to appropriately describe the critical emotional gap between Sneha's internal self-concept and her real self-experience.

(ii) Identify the specific unconscious defense method Sneha is actively using to cope with her severe anxiety by purposefully changing her conscious perception of reality.

(iii) Explain five key psychological characteristics of individuals who continuously and successfully strive to become "fully functioning persons," as prominently proposed by Carl Rogers.

Ans :

(i) The exact psychological term used by the humanistic theorist Carl Rogers to appropriately describe the critical emotional gap between an individual's self-concept and their real self-experience is known as 'incongruence'.

(ii) The specific unconscious defense method Sneha is actively using to cope with the severe psychological anxiety of incongruence by purposefully changing her conscious perception of reality is called 'distortion'.

(iii) According to Carl Rogers' humanistic self theory, individuals who continuously and successfully strive to become fully functioning persons consistently exhibit the following five distinct psychological characteristics:

1. They are fundamentally psychologically healthy persons who consistently choose to live their lives to the absolute fullest, actively maintaining a strong natural instinct and a powerful underlying innate tendency to bloom completely into fully functioning, well-adjusted individuals.
2. They are highly spontaneous people who effortlessly trust their own inner feelings and remain deeply sensitivity to their personal subjective experiences, confidently navigating their daily lives without constantly doubting their own inherent emotional and cognitive compass.
3. Such individuals possess strong emotional independence and never feel externally pressurised to excessively conform to society's rigid rules, allowing them to confidently maintain their true self-concept without constantly seeking conditional approval or positive regard from others around them.
4. Although they certainly experience genuine regrets for their occasional wrong actions or poor choices, their ongoing lives are continuously channelised by highly constructive impulses rather than being negatively paralyzed by past mistakes or by persistent unresolved unconscious mental conflicts.
5. They successfully ensure that they never lose touch with their core personal values and inner feelings, directly enabling them to actively experience life much more deeply, richly, and meaningfully than most other average people functioning within the society.

155. A prominent corporate firm is urgently hiring a new department head to manage cross-functional teams. The designated clinical psychologist assessing the final candidates actively uses a strict method involving a rigorous series of very specific questions. These questions are consistently asked following a highly specific procedural protocol to guarantee perfectly objective answers, allowing for direct, unbiased comparison between all the prospective candidates.

(i) Identify the exact type of formal interview method being systematically utilised by the clinical psychologist in this corporate hiring scenario.

(ii) Briefly describe the alternative type of clinical interview method that could be effectively used by a highly skilled interviewer to deeply reveal a candidate's underlying personality.

(iii) Discuss the professional observation method and clearly highlight four key requirements

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or practical challenges associated with using it effectively for highly reliable clinical behavioural analysis.

Ans :

(i) The exact behavioural assessment method utilised by the clinical psychologist, which strictly relies on a highly specific procedural protocol to consistently ensure completely objective answers for candidate comparison, is definitively known as a structured interview.

(ii) An unstructured interview fundamentally features complex, open-ended questions allowing highly varied, expansive answers. When expertly conducted by a truly skilled psychologist, it delves deeply into conversational responses, comprehensively revealing personality.

(iii) The professional observation method is a widely utilised behavioural analysis procedure that strictly demands careful clinical execution and systematically involves highly specific professional requirements along with several inherent practical challenges for the assessing examiner:

1. It is the core assessment method used most often to deeply understand a person by both laymen and professionals, where profound psychological insights are actively gained by carefully observing the individual directly interacting with their family members in specifically designed, controlled clinical sessions.
2. For the resulting collected data to be considered completely reliable and scientifically valid, the psychological observation strictly has to be conducted by thoroughly trained professionals who meticulously and consistently follow the formally prescribed structural guidelines of advanced clinical behaviour analysis at all times.
3. A significant practical challenge of this comprehensive assessment procedure is that the extensive behavioural data must be continuously collected by these highly trained professionals over extended periods, making the entire detailed observation process immensely demanding and inherently very time-consuming to execute accurately.
4. It is strictly imperative that the specifically assigned clinical psychologist utilising this complex observational technique must be exceptionally matured and highly skilled, because the intricate raw data collected can easily be interpreted incorrectly, effectively rendering the whole rigorous evaluation process entirely invalid.

156. Analyse the dialogue and answer the questions that follow:

Riya: "Kabir always says he is extremely independent and mature. But his parents literally decide everything for him, from his clothes to his college courses."

Sana: "Yes, and the strange part is, when I point it out, he says they are just showing normal parental love. Sometimes he completely refuses to acknowledge that they are controlling him at all."

(i) Identify the state of psychological healthy functioning that Kabir is failing to achieve, according to the relevant humanistic theory.

(ii) Explain the psychological mechanism and the specific defensive behaviours Kabir is using to cope with his situation, based on this theory.

Ans :

(i) According to Carl Rogers, Kabir is ultimately failing to successfully achieve the psychological state of becoming a fully functioning person.

(ii) According to Carl Rogers' humanistic theory, individuals develop a self-concept that may sometimes clash with their actual life experiences, leading to specific psychological adjustments.

1. The self-concept represents the comprehensive idea, beliefs, and information an individual holds about their own characteristics, which in Kabir's case is his strong belief that he is an extremely independent and highly mature young adult despite environmental evidence.
2. Real self or experience reflects the actual reality of the individual's situation and how the environment reacts to them, which for Kabir is the factual reality that his parents are heavily overprotecting him and controlling his everyday decisions entirely.

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3. Congruence occurs when the self-concept closely aligns with real experiences, making a person happier and well-adjusted, but Kabir is experiencing a lack of this alignment, which hinders his ability to be spontaneous and trust his own true feelings.
4. Incongruence is the gap between the self-concept and real experience, which generates deep anxiety and makes the person unhappy or maladjusted, prompting Kabir to subconsciously alter his perception of reality to match his rigidly held independent self-concept.
5. Distortion is a coping method where the individual changes the perception of reality to make it consistent with their self-concept, just as Kabir perceives his parents' highly controlling and overprotective behaviour merely as normal, acceptable parental love.
6. Denial is another method of reducing the anxiety of incongruence wherein the individual completely refuses to acknowledge the uncomfortable facts, perfectly illustrated by Kabir flatly refusing to accept that he is losing his independence due to parental dominance.

157. Read the conversation below and answer the questions that follow:
Rahul: "I saw a smartwatch left unattended on the desk. My immediate urge was to just grab it and satisfy my desire to own it right away."
Vikram: "But you didn't take it, did you?"
Rahul: "No, I felt a strong sense of guilt because stealing is morally wrong. I decided I will save up my allowance and buy it properly from the store next month."
(i) Identify the psychological theory that explains this internal conflict and name its pioneer.
(ii) Describe the structural components of personality operating in Rahul's mind that influenced his final decision.

Ans :

(i) This internal conflict is explained by the Psychoanalytic Theory. It serves as an influential psychological approach. The model was originally pioneered by the famous psychoanalyst Sigmund Freud.

(ii) According to this classic psychoanalytic theory, human personality consists of three primary interacting parts that consistently work on different principles and largely determine the individual's behaviour through their constant, dynamic internal struggles.
1. The 'Id' is the primitive component of personality that strictly concerns itself with the immediate gratification of innate, instinctual drives. It works entirely on the pleasure principle, which is clearly demonstrated by Rahul's sudden, powerful urge to immediately grab the unattended smartwatch.
2. The 'Ego' systematically takes external reality into account when expressing instinctive behaviours. Operating firmly on the reality principle, it elegantly acts as a practical mediator, prompting Rahul to sensibly save up his allowance to purchase the watch legally instead of carelessly stealing it.
3. The 'Superego' deeply represents the moral conscience and the fundamental sense of right and wrong acquired from elders and society. It strictly functions on the morality principle, which powerfully triggered Rahul's strong feelings of guilt, preventing him from engaging in an immoral act.
4. The 'Conscious' mind actively includes our current thoughts and whatever a person is vividly experiencing at any given moment. Rahul's active, ongoing deliberation between stealing the watch and saving his money directly occurs in this conscious realm, where he evaluates his immediate choices.
5. The 'Unconscious' mind lies deep beneath the surface, concealing thoughts, desires, and impulses of which we largely remain unaware. This vast submerged domain contains repressed material that continuously generates a profound influence on an individual's psychological processes and subsequent outward personality transformations.

158. Study the exchange given below and respond to the questions:
Neha: "I failed the entrance exam again. It is completely useless to try because the examiners always set unfairly difficult papers, and my luck

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is just terrible. I have absolutely no power over the outcome."

Arun: "I don't agree. I believe that if I study systematically and dedicate myself to the preparation, my own actions will directly shape my results and overcome these challenges."

(i) With reference to Social Learning Theory, explain the specific component that differentiates Neha and Arun's perspectives on their circumstances.

(ii) Describe the other two foundational concepts of this model that help realise the features of an individual's personality, and mention its key strengths.

Ans :

(i) Rotter's theory explains their diverging viewpoints completely through the locus of control.

1. Neha exhibits an external locus of control, strongly believing that outside forces completely dictate whatever happens to her, continually making her feel highly insecure, extremely helpless, and entirely unable to effectively influence her own life experiences and daily outcomes.
2. This continuous feeling of powerlessness in Neha culminates in learned helplessness, a psychological state where she feels totally helpless after encountering difficult situations where no prior action has been successful in effectively resolving the complex challenges she regularly faces.
3. Conversely, Arun displays a clear internal locus of control because he firmly believes his own actions directly shape his destiny, consistently allowing him to confidently view all difficulties as motivating challenges rather than insurmountable external obstacles limiting his success.

(ii) Rotter's model features other essential concepts and documented clinical strengths.

1. Expectancies dictate that the probability of a behaviour occurring strictly depends on the individual's expectation of the outcome, meaning a person repeats a specific behaviour only if they actively expect a highly favourable and rewarding consequence from it.
2. Reinforcement value asserts that every individual uniquely attaches subjective importance to the consequence of their actions, and this preference for one outcome over another effectively decides their overall course of behaviour in any given environmental circumstance or situation.
3. A significant key strength of this comprehensive social learning theory is that it is firmly established on widely accepted and systematically well-documented learning principles of psychology, making it highly credible for analyzing human behaviour accurately in practical situations.
4. Another major advantage is that this theoretical approach can be effectively utilised in practical settings to successfully modify maladaptive behaviour, while also importantly taking into account the various cognitive factors that deeply influence an individual's overall daily behavioural patterns.

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159. Examine the following interaction and answer the questions:

Doctor: "Can you describe how little Tara interacts with her family?"

Guardian: "Her parents are quite irresponsible and reject her constantly. Because she feels so powerless, she constantly tries to please them, being excessively compliant and agreeing to do whatever they wish, just to feel safe."

(i) Identify the fundamental emotional state Tara is experiencing due to her parents' rejection.

(ii) Identify the specific style of social behaviour Tara is using to cope.

(iii) Describe the origins of this emotional state and the other behavioural styles proposed by the neo-Freudian theorist who developed these concepts.

Ans :

(i) According to Karen Horney's theory, Tara is primarily experiencing the deep, underlying emotional state clearly identified as basic anxiety.

(ii) To safely navigate her environment, Tara is actively utilising the specific coping mechanism called the "moving towards others" or passive style.

(iii) Karen Horney's influential neo-Freudian psychological theory vividly emphasises how early childhood interpersonal relationships profoundly shape personality, particularly focusing on the severe negative consequences stemming directly from rejecting, unloving, or indifferent parental caregiving styles.

1. Basic anxiety originally develops when a child understands they are weak, powerless, and desperately need protection to survive, but irresponsible, indifferent, or rejecting parents critically fail to provide necessary security, instead making the young child inevitably feel deeply insecure and helpless.
2. This parental behaviour gives rise to basic hostility, a deep anger that the child actively represses because it cannot be directly manifested to the parents upon whom they depend, which ironically serves to further drastically increase the child's underlying anxiety.
3. To cope with this, some children adopt the aggressive style of "moving against others", where they continuously attempt to powerfully protect themselves by aggressively dominating, challenging, and overpowering everyone around them, although their foundational anxiety fundamentally remains completely unresolved.
4. Alternatively, individuals may utilise the withdrawn style of "moving away from others", where the child defensively withdraws completely from all social relationships to proactively protect themselves from the severe emotional pain of interpersonal interactions, thereby critically depriving themselves of growth.
5. Horney strongly opposed classical Freudian views by arguing that women's feelings of inferiority do not originate from anatomical 'penis envy', but rather stem directly from how society unfairly treats women and the disproportionate power and autonomy traditionally enjoyed by men.

160. Based on the conversation below, respond to the following:

Psychologist: "I am going to show you a series of cards. The designs on them are completely unstructured, ambiguous, and symmetrical. I simply want you to hold the card and tell me whatever comes to your mind when you look at it."

Client: "Will my answers tell you if I am right or wrong?"

Psychologist: "There are no right or wrong answers. Take your time."

(i) Identify the specific projective technique being administered to the client.

(ii) Describe the structural composition of the testing material used in this specific assessment.

(iii) Explain the four distinct categories on which the client's responses will be systematically scored.

Ans :

(i) The clinical psychologist in the scenario is systematically administering the highly popular, indirect projective technique widely known throughout the field as the Rorschach Ink-blot Test to comprehensively assess the client's underlying personality.

(ii) The assessment strictly utilises ten official unstructured ink-blots on separate white cards. Each blot is bilaterally symmetrical, featuring five completely black, two black and red, and three multi-coloured designs.

(iii) The incredibly complex interpretation of this classic projective psychological test requires considerable professional training, deep clinical experience, and rigorous practice, as the administrator must carefully and systematically score the subject's spontaneous verbal responses across four established, highly structured analytical categories.

1. Location fundamentally refers to the specific, distinct part of the ambiguous blot the testee actively focuses on. It systematically classifies whether the subject has perceptually observed the visual blot as a complete whole, entirely concentrated on minor details, or highlighted the blank white regions.
2. Contents categorically refer to exactly what the subject's detailed response actually contains or visually depicts. This actively includes carefully identifying common visual elements frequently symbolised by testees, such as seeing distinct human forms, specific

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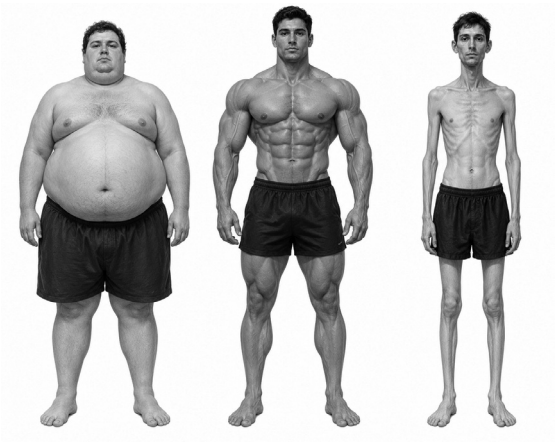
animal details, natural landscapes like rivers, or various inanimate objects.

3. Originality clearly refers to strictly assessing whether the subject confidently provides highly popular or extremely unusual responses for each of the ten cards. This critically helps determine if the individual's imaginative perception firmly aligns with common societal views or uniquely deviates into original interpretations.
4. Determinants systematically refer to exactly how the ambiguous ink-blot is visually seen or uniquely perceived by the testee. This crucially important scoring dimension carefully evaluates the specific overall form of the blot, its integrated colour, any perceived dynamic movement, and the visible shading.

161. Analyse the visual representation of physical constitutions given below and respond to the following questions:



(i) Identify the collective psychological term used by the theorist for these three structural classifications.
(ii) Describe the distinct physical structures and their corresponding personality types as depicted in the illustration.

Ans :

(i) The collective psychological term used by the theorist for these broad structural classifications is Somatotype.
(ii) According to this approach, the individual's physical structure fundamentally dictates their specific personality characteristics.
1. The first figure represents the Endomorph, characterised by a soft and round physical structure. This body type features highly developed fatty viscera, a prominently lax abdomen, and notably underdeveloped bones and muscles, making the person appear physically quite plump and relatively heavy.
2. The corresponding personality type for the Endomorph is known as Viscerotonia. Individuals possessing this specific somatotype are generally highly social, notably affectionate, and inherently lazy in their daily demeanour, preferring a comfortable, relaxed lifestyle filled with pleasant social interactions.
3. The second figure illustrates the Mesomorph, defined by an incredibly sturdy and highly muscular physical structure. This athletic physique is distinguished by exceptionally broad shoulders, a prominent chest, and a slender waist, indicating a naturally strong and physically robust biological constitution.
4. The personality type associated with the Mesomorph is Somatotonia. People with this bodily constitution tend to exhibit highly active, restless, and energetic behavioural patterns, often presenting themselves as quite aggressive, bold, and fiercely self-assertive in various competitive life situations.
5. The third figure depicts the Ectomorph, characterised by a distinctly weak and frail physical appearance. This somatotype is visibly thin and delicate, possessing very narrow shoulders, long thin limbs, and stringy muscles, completely lacking in substantial fatty tissue or heavy muscular development.
6. The personality type linked to the Ectomorph is Cerebrotonia. These individuals typically display a pessimistic and highly unsocial attitude, frequently seeking deep solitude. They actively avoid social gatherings and generally suffer from a noticeable lack of self-confidence in their everyday interactions.

162. Examine the schematic diagram illustrating an individual's psychological alignment and answer the questions that follow:

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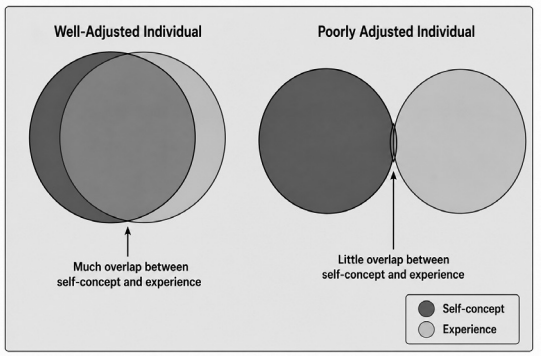
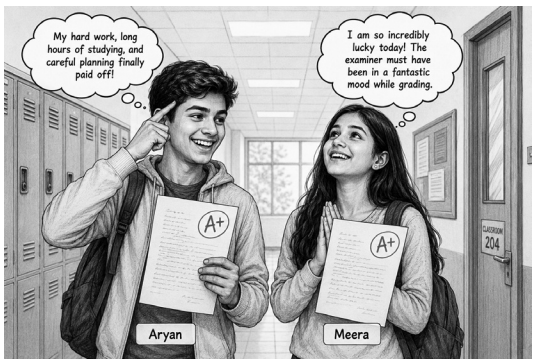


(i) Identify the specific terms used for the two conditions of psychological alignment shown in the left and right sides of the image respectively.
(ii) Explain the core theoretical assumptions associated with this framework and the mechanisms individuals use to cope with the condition shown on the right side.

Ans :

(i) The condition on the left, showing high overlap, is termed congruence, while the condition on the right, showing minimal overlap, is termed incongruence. These completely determine an individual's psychological adjustment.
(ii) This conceptual framework focuses on how an individual's subjective experiences and natural instincts actively shape their psychological well-being.
1. The theory assumes that individuals have many positive characteristics and a continuous, natural drive to become fully functioning persons. These psychologically healthy people live life to the fullest, spontaneously trust their own feelings, and do not feel pressurised to excessively conform to societal rules.
2. Congruence occurs when there is a minimal gap between an individual's self-concept and their real self or actual experiences. A lesser gap between these two elements ensures that the person remains much happier, highly adjusted, and deeply in touch with their true internal values.
3. Incongruence arises when an individual's self-concept drastically fails to match their reality or their perception of environmental reactions. This significant mismatch generates profound anxiety within the individual, ultimately rendering the person fundamentally unhappy, psychologically conflicted, and severely maladjusted in their daily life.
4. To actively cope with the intense anxiety of incongruence, an individual often employs a defense mechanism known as distortion. This involves subconsciously altering their perception of reality to make it perfectly consistent with their existing self-concept, such as misinterpreting overprotective behaviour as normal parental love.
5. Another common method used for reducing this generated anxiety is denial. In this defensive process, the individual completely refuses to acknowledge the painful reality or factual evidence, thereby protecting their fragile self-concept from the threatening external environment and maintaining a strictly false internal harmony.

163. Study the visual scenario depicting two students assessing their examination outcomes and answer the questions provided:


My hard work, long hours of studying, and careful planning finally paid off!
I am so incredibly lucky today! The examiner must have been in a fantastic mood while grading.
A+
A+
Aryan
Meera
CLASSROOM 204

(i) Identify the specific cognitive model of personality depicted here and explain the two contrasting dimensions of this model as demonstrated by the students.
(ii) Describe the two fundamental concepts within this broader social learning theory that determine whether a specific behaviour will be performed in a given circumstance.

Ans :

(i) This illustrates personal perception of control.
1. The model depicted is the Locus of Control model of personality. This cognitive framework specifically

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evaluates whether people believe that the outcomes of their actions are determined by their own internal decisions or by unpredictable external forces completely beyond their immediate control.

2. Aryan demonstrates an internal locus of control. Individuals with this perspective, known as internals, firmly believe that their own personal actions and decisions actively shape their destinies, giving them the immense power to control their environment and successfully manage challenging experiences.
3. Meera demonstrates an external locus of control. Individuals with this mindset, termed externals, strongly believe that outside forces or luck dictate whatever happens to them, frequently making them feel highly insecure and highly prone to experiencing severe learned helplessness.

(ii) Behaviour heavily depends on outcome evaluations.

1. The first fundamental concept is expectancies. This principle suggests that the exact chances of a specific behaviour occurring in a given situation heavily depend on the individual's personal expectation of the ultimate outcome or consequence that will follow that specific behaviour.
2. If an individual strongly expects a highly favourable outcome from an action, the behaviour will be repeated. Conversely, if a negative consequence is anticipated, the individual will purposefully avoid engaging in that particular behavioural pattern to prevent any adverse results.
3. The second fundamental concept is reinforcement value. This principle dictates that every single individual consciously attaches a unique, subjective value to the reinforcement or consequence of their executed behaviour, meaning the person may personally deeply like or fiercely dislike the final result.
4. This attached consequence value directly determines how often the behaviour will be repeated. Consequently, the distinct personal preference of one specific outcome over another firmly decides the ultimate course of behaviour for an individual navigating any given challenging circumstance.

164. Based on the clinical setting portrayed below, respond to the following assessment-related questions:

(i) Name the specific psychological assessment test being administered in the image.
(ii) Identify the broad category of personality measurement techniques that this test belongs to.
(iii) Describe the essential characteristics of the test materials and the standard administration procedure for this technique.

Ans :

(i) The psychological assessment test being systematically administered to the patient in the clinical image is the Rorschach Ink-blot Test.
(ii) This specific assessment method belongs to the broad, indirect category of personality measurement known fundamentally as Projective Techniques.
(iii) The clinical evaluation definitively requires meticulous adherence to standard psychological material usage and highly controlled settings.

1. The test material strictly consists of exactly ten official ink-blots, each meticulously printed on separate white cards. These distinct cards are specifically standardized to be approximately 18 x 24 cm in size, ensuring absolute physical uniformity during the psychological evaluation across all participating subjects.
2. A defining essential characteristic of these specific ink-blots is that each

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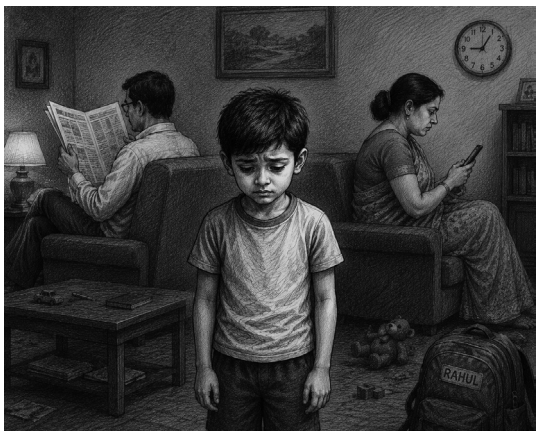
individual design is perfectly bilaterally symmetrical. Furthermore, these unique visual blots are completely unstructured, entirely ambiguous, and purposely devoid of any clear inherent meaning, effectively forcing the subject to project hidden internal thoughts.

3. The specific colour distribution among the ten official testing cards is strictly standardized for rigorous clinical use: five ink-blots are entirely black, two feature a specific combination of black and red ink, and the remaining three are vividly multi-coloured, all set against a white background.
4. The standard administration necessarily occurs within a relaxed but highly controlled psychological atmosphere, where the extensively trained tester and subject typically sit next to each other. The subject is carefully handed the cards one by one and instructed to freely vocalise whatever comes to mind.
5. During this critical assessment procedure, the subject is actively encouraged to verbally describe exactly what the ambiguous ink-blot looks like or closely resembles. The subject is afforded absolute freedom to take as much processing time as desired and provide as many imaginative responses as wanted.

165. Analyse the familial interaction depicted in the illustration and answer the questions that follow:



(i) Identify the fundamental psychological feeling developed in the child due to this indifferent and rejecting parental behaviour.
(ii) Explain the subsequent feeling of 'basic hostility' that emerges from this situation and the primary reason it remains actively repressed by the child.
(iii) Discuss the specific models or styles of social behaviour the child might consistently rely upon to cope with this deeply unresolved psychological state.

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Ans :

(i) According to the Neo-Freudian theoretical framework, the fundamental psychological feeling heavily developed in the vulnerable child due to this severe parental rejection is termed basic anxiety.
(ii) Basic hostility refers to the intense anger the child feels towards parents whose indifferent behaviour causes profound insecurity. This overwhelming hostility is strictly repressed because the deeply helpless child entirely depends on these parents for fundamental daily survival and care, making direct emotional expression incredibly dangerous and personally threatening.
(iii) The completely repressed hostility drastically increases the child's baseline anxiety, forcing the individual to rely on specific social coping styles.

1. The first model is moving towards others, known as the passive style. The deeply anxious child relentlessly seeks vital security by becoming excessively compliant, constantly attempting to gain crucial love and necessary approval by willingly doing whatever those dominant individuals strongly wish them to do.
2. This passive style ultimately results in the total, unhealthy repression of their basic hostility. Consequently, the individual constantly tends to make themselves incredibly vulnerable to severe emotional exploitation, leaving them feeling profoundly unhappy, fundamentally unfulfilled, and deeply unsatisfied with their restrictive interpersonal relationships throughout life.
3. The second model is moving against others, known as the aggressive style. Here, the deeply insecure child desperately attempts to protect themselves by forcefully dominating and aggressively overpowering others. Although hostility is overtly expressed,

the underlying basic anxiety remains completely denied, unexplored, and fundamentally unresolved.

4. The third model is moving away from others, termed the withdrawn style. The extremely anxious child completely withdraws themselves from meaningful social relationships to safely protect their fragile psyche from the inevitable pain of interpersonal interactions, tragically depriving themselves of essential opportunities for crucial social growth.

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CHAPTER 03
Lifespan Development

MULTIPLE CHOICE QUESTION

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1. Rahul's father recently had his workplace schedule changed, causing the father to be highly stressed, exhausted, and less available at home. As a direct result of this tension, Rahul's behavior at home has become unusually aggressive and withdrawn.
Identify the environmental layer influencing the child's development in this scenario.
(a) Macrosystem
(b) Exosystem
(c) Mesosystem
(d) Chronosystem

Ans :

(b) Exosystem
The exosystem involves layers that do not include the child directly but affect them through a member of their microsystem. Here, the father's workplace schedule impacts his interaction with Rahul, thereby indirectly influencing the child's development without his direct participation.

2. When a newborn is placed on its back and experiences a sudden loud noise, it throws its legs and hands upward as if trying to embrace somebody.
Which newborn reflex is demonstrated in this reaction?
(a) Moro reflex
(b) Babinski reflex
(c) Rooting reflex
(d) Tonic neck reflex

Ans :

(a) Moro reflex
The Moro reflex occurs when an infant throws its arms and legs upward in response to a sudden loud noise or a jerk. This instinctual reaction makes it appear as though the baby is attempting to embrace someone for protection, aiding survival until their voluntary motor development is fully established.

3. Meera pours the exact same amount of juice into a tall, narrow glass for her daughter Anya, and a short, wide glass for her son Rohan. Anya happily claims she got more juice because her glass is taller.
Identify the cognitive limitation displayed by the daughter.
(a) Egocentrism
(b) Irreversibility
(c) Centration
(d) Animistic thinking

Ans :

(c) Centration
Centration is the tendency of a preoperational child to focus on only one aspect of a situation while neglecting others. Anya focuses solely on the height of the glass to judge the quantity of juice, completely ignoring the width, making her unable to understand that the volume remains unchanged.

4. A child explores the environment independently and shows no distress when the parent leaves the room. Upon the parent's return, the child does not seek contact, shows no enthusiasm, and remains unresponsive to the stranger.
Identify the specific behavioral pattern exhibited by the infant.
(a) Secure attachment
(b) Ambivalent attachment
(c) Disorganized attachment
(d) Avoidant attachment

Ans :

(d) Avoidant attachment
Babies with avoidant attachment do not respond much to the parent, explore independently, and show no distress upon separation. They lack enthusiasm when the parent returns and do not cling to them. This typically develops when

caregivers are consistently insensitive, rejecting, or unavailable during the infant's times of distress.

5. Arjun refuses to cross the street when the pedestrian light is red, even though there are absolutely no cars in sight. He tells his friends that rules must be strictly followed by everyone to prevent chaos.
Determine the specific orientation guiding the boy's reasoning.
(a) Social contract orientation
(b) Social order-maintaining orientation
(c) Universal ethical principle orientation
(d) Good boy-good girl orientation

Ans :

(b) Social order-maintaining orientation
Arjun's reasoning reflects the social order-maintaining orientation, which falls under the conventional level. Individuals in this stage believe that laws and rules must be strictly obeyed to maintain a functional society and prevent chaos. They consider absolute adherence to rules as the true essence of morality and societal stability.

6. At a certain age, children comprehend that a person's biological sex remains constant even if they adopt the clothing, hairstyles, or behaviors typically associated with the opposite sex.
Which cognitive milestone related to identity does this understanding represent?
(a) Gender identity
(b) Gender stability
(c) Gender consistency
(d) Gender stereotype

Ans :

(c) Gender consistency
Gender consistency, which generally develops around six or seven years of age, is the understanding that a person's gender remains constant despite superficial changes. It involves realizing that adopting the dress, hairstyle, or behavior of the other gender does not alter an individual's underlying biologically based sex categorization.

7. Sameer recently graduated from high school. Without exploring any alternative career options or personal interests, he immediately joins his family's textile business because his parents have always expected him to take it over.
Assess the developmental status of this teenager.
(a) Identity diffusion
(b) Identity moratorium
(c) Identity achievement
(d) Identity foreclosure

Ans :

(d) Identity foreclosure
Sameer exhibits identity foreclosure. In this status, individuals commit to a particular goal without actively exploring or searching through various alternatives. They simply accept a readymade identity or career path chosen for them by authority figures, such as parents, completely bypassing the crucial phase of personal exploration and decision-making.

8. Some caregivers establish strict rules and maintain high expectations for their children, yet they remain highly responsive. They encourage open communication, value the child's opinions, and allow them to make certain decisions.
Determine the classification of these caregivers.
(a) Authoritative parents
(b) Permissive parents
(c) Rejecting parents
(d) Authoritarian parents

Ans :

(a) Authoritative parents
Authoritative parents exhibit high levels of both demandingness and responsiveness. While they set clear, strict rules and guidelines to discipline their children, they also offer warmth and support. They foster independence by allowing children to voice their own opinions and make decisions if they are deemed appropriate by the parents.

9. Priya often consumes massive amounts of food in a very short time, especially when she feels anxious. Afterwards, overwhelmed by guilt and a fear of gaining weight, she takes laxatives or fasts for entire days to cleanse her body.
Identify the condition best describing this psychological and behavioral pattern.
(a) Anorexia Nervosa
(b) Bulimia Nervosa
(c) Binge Eating Disorder
(d) Body Image Distortion

Ans :

(b) Bulimia Nervosa

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Priya's behavior characterizes Bulimia Nervosa, an eating disorder marked by episodic, uncontrolled binge eating followed by inappropriate compensatory methods to prevent weight gain. The use of laxatives, fasting, or self-induced vomiting are typical unhealthy purging techniques employed to counteract the excessive food intake driven by negative emotions and anxiety.

10. After prolonged use of a specific drug, an individual notices that the initial dosage no longer produces the desired physical and psychological effects, prompting them to consume significantly more of it.
Name the physiological phenomenon experienced by the individual.
(a) Tolerance
(b) Intoxication
(c) Withdrawal
(d) Dependence

Ans :

(a) Tolerance
Tolerance develops after the continued use of drugs or alcohol over a long period. As the body adapts to the regular presence of the chemical, the initial amount loses its effectiveness. Consequently, the person requires a increasingly larger amount of the substance to achieve and produce the same original effects.

11. Four-year-old Aarav accidentally trips over a chair in the living room and hurts his knee. He immediately turns around and hits the chair, angrily stating that the chair intentionally tripped him because it is a bad piece of furniture.
Which one of the following cognitive characteristics is Aarav displaying in this situation?
(a) Object permanence
(b) Deductive reasoning
(c) Animistic thinking
(d) Transitive inference

Ans :

(c) Animistic thinking
In the preoperational stage of cognitive development, children often exhibit animistic thinking, which is the firm belief that inanimate objects possess human qualities, feelings, and intentions. Aarav's belief that the chair intentionally tripped him is a classic example of attributing living characteristics and motives to a non-living object due to an egocentric perspective.

12. Priya's mother recently received a promotion that requires her to travel extensively for work. Due to her mother's demanding new schedule, Priya's interaction with her mother has reduced significantly, causing Priya to feel isolated and affecting her academic performance.
Identify the ecological system that is primarily influencing Priya's development in this context.
(a) The microsystem
(b) The macrosystem
(c) The mesosystem
(d) The exosystem

Ans :

(d) The exosystem
According to Bronfenbrenner's theory, the exosystem involves environmental layers that do not include the child directly but still affect them through a member of their microsystem. In this context, the mother's demanding workplace schedule and travel requirements constitute the exosystem, which indirectly impacts Priya's emotional development by reducing their shared interaction time.

13. Rohan is a high school student who has never actively explored different career options or questioned his future goals. He simply plans to take over his family's traditional textile business because his parents have always expected him to do so, and he accepts this path without any hesitation.
Which one of the following identity statuses best describes Rohan's current state?
(a) Identity foreclosure
(b) Identity diffusion
(c) Identity moratorium
(d) Identity achievement

Ans :

(a) Identity foreclosure
According to James Marcia's identity statuses, identity foreclosure occurs when an individual firmly commits to a particular goal without exploring various alternatives. Rohan readily accepts the readymade professional identity of joining the family business, which was chosen by his parents, without engaging in any personal exploration or experiencing a period of identity crisis.

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14. Sunita notices that her classmate has dropped some money in the corridor. Even though she is tempted to keep it, she immediately hands it over to the teacher because she wants the teacher to view her as an honest, trustworthy, and respectable student.
At which stage of moral development is Sunita currently operating?
(a) Social contract orientation
(b) Good boy-good girl orientation
(c) Obedience and punishment orientation
(d) Universal ethical principle orientation

Ans :

(b) Good boy-good girl orientation
In the "good boy-good girl" orientation, which is part of the Conventional level of moral development, an individual's moral judgment is primarily driven by the desire to conform to social norms. Sunita returns the dropped money specifically to gain approval and affection, aiming to be perceived as a trustworthy person by her teacher.

15. Kabir often experiences periods of intense emotional sadness and anxiety. During these times, he consumes unusually large amounts of food in a rapid, uncontrolled manner. Following these episodes, he feels extreme guilt and resorts to rigorous fasting for several days to compensate for his food intake.
Which one of the following psychological conditions is Kabir most likely experiencing?
(a) Binge Eating Disorder
(b) Pica Eating Disorder
(c) Bulimia Nervosa
(d) Anorexia Nervosa

Ans :

(c) Bulimia Nervosa
Bulimia Nervosa is an eating disorder characterized by episodic, uncontrolled binge eating accompanied by inappropriate compensatory methods to prevent weight gain. Kabir's rapid consumption of massive amounts of food during emotional distress, immediately followed by rigorous fasting to cleanse his body, perfectly aligns with the clinical symptoms of this specific disorder.

16. When an infant is suddenly startled by a loud noise or feels a sudden loss of support, they instinctively throw their arms and legs outward before pulling them back in, as if trying to embrace something. This natural response has high survival value for the newborn.
Which one of the following terms describes this specific involuntary motor response?
(a) Rooting reflex
(b) Babinski reflex
(c) Tonic neck reflex
(d) Moro reflex

Ans :

(d) Moro reflex
The Moro reflex occurs when an infant is placed on its back and instinctively throws its legs and hands upward in response to a sudden loud noise or jerk. It visually resembles the infant attempting to embrace somebody, serving as a primitive evolutionary survival mechanism to seek support until motor development matures.

17. Some toddlers are highly irregular in their daily routines, exhibit intense negative reactions when introduced to novel experiences, and frequently display crying and temper tantrums. These behavioral patterns highlight stable individual differences in the quality of emotional reactions. Based on established classifications of child temperament, how are such children categorized?
(a) Slow-to-warm-up children
(b) Difficult children
(c) Avoidant children
(d) Disorganized children

Ans :

(b) Difficult children
According to the temperament classifications established by Thomas and Chess, 'difficult children' have irregular daily routines, are slow to accept new experiences, and frequently show intense negative reactions like crying and temper tantrums. This distinctively separates them from 'easy' or 'slow-to-warm-up' children who adapt much more readily or display milder emotional reactions.

18. A child who only knows about domestic dogs encounters a zebra for the first time at a wildlife sanctuary. Initially confused because the animal does not fit their existing mental framework of a dog, the child modifies their internal category to create a completely new mental classification.
Which one of the following cognitive processes facilitates this change in mental representation?
(a) Accommodation
(b) Assimilation

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(c) Decentration
(d) Conservation

Ans :

(a) Accommodation
According to Piaget's theory of cognitive development, accommodation is the necessary process of adjusting old schemas or creating entirely new ones when current structures cannot explain the environment properly. The child creates a totally new mental category for the zebra, demonstrating accommodation to successfully achieve cognitive equilibrium in a novel situation.

19. Over a prolonged period of using a specific central nervous system stimulant, an individual notices that the initial dosage no longer produces the desired feelings of extreme energy and self-confidence. Consequently, the individual must consume significantly higher quantities of the stimulant to achieve the original effect.
Which one of the following phenomena best explains this physiological requirement?
(a) Psychological dependence
(b) Tolerance
(c) Withdrawal
(d) Intoxication

Ans :

(b) Tolerance
Tolerance develops after the continued, prolonged use of drugs or alcohol. It signifies that the individual's central nervous system adapts to the substance, thereby requiring a progressively larger amount of it to produce the exact same physiological or psychological effects that were previously achieved easily with much smaller doses.

20. Children develop a comprehensive understanding of societal beliefs regarding the characteristics and roles expected of males and females. Once these cognitive frameworks are formed, they strongly influence how children process information, leading them to automatically distinguish and categorize everyday behaviors as strictly masculine or feminine.
Which one of the following explanations accounts for this method of processing information?
(a) Social learning theory
(b) Psychosexual development
(c) Cognitive development theory
(d) Gender schema theory

Ans :

(d) Gender schema theory
Gender Schema Theory proposes that children actively develop specific cognitive frameworks, or schemas, that reflect deeply ingrained societal beliefs regarding male and female characteristics. Once successfully established, these internal schemas heavily dictate how children process gender-related information, causing them to automatically categorize everyday behaviors strictly through a traditional masculine or feminine lens.

21. Ravi's father recently received a promotion that requires him to travel extensively for work. Due to his father's frequent absence and resulting exhaustion, ten-year-old Ravi has started showing disruptive behaviour at school.
Which level of environmental influence best explains how the father's workplace schedule indirectly impacts Ravi's development?
(a) The connections between Ravi's home and his school environment.
(b) The societal values and cultural norms regarding professional success.
(c) The external setting that affects the child through the parent's experience.
(d) The direct, bidirectional interactions within Ravi's immediate family.

Ans :

(c) The external setting that affects the child through the parent's experience.
Urie Bronfenbrenner's theory explains that the exosystem consists of external settings that do not directly involve the child but significantly impact their development. In this scenario, the father's demanding workplace schedule affects his availability and energy at home, which in turn influences Ravi's emotional state and his disruptive behaviour at school.

22. Six-year-old Meera is given a glass of milk in a short, wide cup. Her older brother gets the exact same amount of milk, but in a tall, narrow glass. Meera complains that her brother received more milk than she did, completely ignoring the width of her own cup.
Which cognitive limitation prevents Meera from understanding that the quantity of milk remains identical?
(a) The inability to mentally retrace steps backward in a sequence of events.
(b) The focus on a single outward feature while

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neglecting other relevant dimensions.
(c) The tendency to attribute human feelings and thoughts to inanimate objects.
(d) The failure to arrange objects in a sequential order based on quantitative traits.

Ans :

(b) The focus on a single outward feature while neglecting other relevant dimensions.
Meera's thinking demonstrates centration, a characteristic of the preoperational stage where a child focuses on only one aspect of a situation. By fixating solely on the height of the glass and ignoring its width, she fails to conserve and mistakenly believes her brother has more milk despite the amounts being identical.

23. When Ritu's mother drops her off at a new daycare, Ritu stays very close to her and refuses to explore the toys. When her mother returns later to pick her up, Ritu runs to her but then angrily pushes her away and continues to cry, refusing to be comforted.
Which specific pattern of emotional bond is demonstrated by Ritu's contradictory reactions toward her caregiver?
(a) She displays opposing tendencies of both clinging to and strongly resisting her mother.
(b) She uses her mother as a secure base to explore and is easily soothed upon her return.
(c) She actively avoids her mother upon return and shows no distress during her absence.
(d) She exhibits extreme fear, looking away and appearing completely disoriented when held.

Ans :

(a) She displays opposing tendencies of both clinging to and strongly resisting her mother.
Ritu's behaviour illustrates an ambivalent attachment style. In this pattern, children fail to explore their environment and exhibit intense distress upon separation. When the caregiver returns, the child displays contradictory emotions, combining a desire for closeness with anger and resistive behaviour, making it extremely difficult for them to be comforted.

24. Since childhood, Aryan has been told by his parents that he will take over the family's textile business. Now in the twelfth grade, he has never considered any other career options, researched alternative subjects, or questioned this path, simply accepting the future his parents have laid out for him.
How would a developmental psychologist classify Aryan's current state of self-definition?
(a) He has explored various alternative paths and finally committed to a self-chosen value system.
(b) He has lacked a clear direction, avoiding exploring options without committing to any specific goal.
(c) He has started gathering information and trying out different activities but made no commitments yet.
(d) He has committed to a specific goal chosen by authority figures without exploring other possibilities.

Ans :

(d) He has committed to a specific goal chosen by authority figures without exploring other possibilities.
Aryan exemplifies identity foreclosure. According to James Marcia's identity statuses, this occurs when an individual commits to a goal, value, or identity without engaging in any personal exploration of alternatives. Instead, they readily accept a pre-packaged identity and career path handed down by authority figures, such as their parents.

25. Priya notices that a classmate has dropped their lunch money. Although she is tempted to keep it to buy snacks, she returns it to the classmate because she wants her teacher and peers to view her as a trustworthy and honest student.
Which underlying basis of ethical reasoning is driving Priya's decision to return the money?
(a) She is following universal ethical principles of justice, regardless of societal expectations.
(b) She is acting solely to avoid direct punishment from her teacher for stealing the money.
(c) She is conforming to social norms specifically to gain the affection and approval of others.
(d) She is upholding rigid laws to maintain functional social order and fulfill her fundamental duties.

Ans :

(c) She is conforming to social norms specifically to gain the affection and approval of others.
Priya is operating at the 'Good boy-good girl orientation' of the conventional level of moral development. At this stage, ethical judgements are driven by a desire to gain societal approval

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and be perceived as a good person. She returns the money primarily to secure affection and maintain a positive reputation.

26. Aarav is a 10-year-old boy. Recently, his father's company shifted to a highly demanding work schedule, causing his father to return home exhausted and irritable, which deeply impacts Aarav's mood. Additionally, Aarav lives in a society where academic excellence is heavily demanded by cultural norms, adding a layer of constant pressure to his daily life.
Which of the following environmental layers primarily explain the external influences currently impacting Aarav's psychological state?
(P) A system that involves the child's direct contact with immediate structures like family members and the school environment.
(Q) A system comprising the parents' workplace schedule that does not involve the child directly but significantly affects him.
(R) A system encompassing the overarching customs, laws, and cultural values of the broader society.
(S) A system that constitutes the direct interconnection between the child's parents and his school teachers.
(a) Only (P) and (S)
(b) Only (Q) and (R)
(c) Only (P) and (R)
(d) Only (R) and (S)

Ans :

(b) Only (Q) and (R)
According to Bronfenbrenner's theory, the exosystem includes layers that do not involve the child directly but affect them, such as a parent's stressful work schedule (Statement Q). The macrosystem consists of the overarching cultural values and expectations of the society, such as the intense pressure for academic excellence (Statement R). Thus, (Q) and (R) are correct.

27. Five-year-old Diya is watching her older brother pour her favourite juice from a short, wide mug into a tall, narrow glass. She claps her hands happily, believing she now has a larger amount of juice to drink. When her brother tries to pour it back into the original mug to prove it is the same amount, she refuses to believe him, unable to mentally trace the pouring steps backward.
Which of the following cognitive limitations accurately describe Diya's thought process in this scenario?
(P) The inability to understand that physical characteristics of an object remain unchanged despite a change in its outward appearance.
(Q) The tendency to focus exclusively on one's own viewpoints while completely ignoring the perspective of others.
(R) The mental inability to go through a certain series of steps and then retrace those steps back in the reverse direction.
(S) The belief that inanimate objects possess human qualities like feelings, thoughts, wishes, and intentions.
(a) Only (Q) and (S)
(b) Only (P) and (Q)
(c) Only (P) and (R)
(d) Only (R) and (S)

Ans :

(c) Only (P) and (R)
In the preoperational stage, children exhibit centration, which is the inability to conserve. They focus on only one aspect, like the height of the glass, ignoring the width (Statement P). They also demonstrate irreversibility, meaning they are mentally unable to retrace a sequence of steps back to the starting point (Statement R). Therefore, (P) and (R) apply.

28. Rohan is an 18-month-old toddler at a daycare centre. When his mother drops him off, he explores the toys independently without checking back with her, and shows no distress when she leaves. Upon her return, he actively ignores her and refuses to be picked up. Another child, Kabir, shows contradictory behaviour—he runs towards his father upon his return but suddenly freezes and looks away with a fearful expression.
Which of the following behavioural patterns correctly identify the interpersonal dynamics exhibited by Rohan and Kabir respectively?
(P) An emotional bond where the child does not respond much to the parent, showing no enthusiasm upon their return and exploring independently.
(Q) An emotional bond where the child shows opposing tendencies of both clinging and resisting, continuing to cry even when comforted.
(R) An emotional bond where the child shows maximum insecurity, displaying confused actions and signs of distress upon the caregiver's return.
(S) An emotional bond where the child uses the parent as a secure base to explore and is

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easily soothed by them when upset.
(a) Only (P) and (R)
(b) Only (Q) and (S)
(c) Only (R) and (Q)
(d) Only (P) and (S)

Ans :

(a) Only (P) and (R)
Ainsworth's strange situation classification identifies avoidant attachment when babies do not respond to the parent, show no distress, and ignore them upon return, as seen in Rohan (Statement P). Disorganized attachment involves maximum insecurity, where infants show confused or contradictory behaviour and fear upon the parent's return, as exhibited by Kabir (Statement R).

29. Ninad is a high school student who is feeling overwhelmed by the pressure of choosing a career. Instead of committing to one path, he is actively taking up different internships to figure out what gives him a sense of psychological well-being. His classmate, Ananya, without exploring any alternatives, has rigidly decided to take over her family's business simply because her parents expect her to do so.
Which of the following stages of self-concept formation accurately reflect the current psychological states of Ninad and Ananya?
(P) A state where an individual has formulated a self-chosen set of values and goals after thoroughly exploring different alternatives.
(Q) A state where the individual has not yet reached any definite commitment but is actively gathering information and exploring various alternatives.
(R) A state where the individual refuses to explore alternatives and lacks clear direction, finding the task of searching too threatening.
(S) A state where the individual commits to a particular goal chosen by authority figures without searching through various alternatives themselves.
(a) Only (P) and (R)
(b) Only (Q) and (P)
(c) Only (R) and (S)
(d) Only (Q) and (S)

Ans :

(d) Only (Q) and (S)
James Marcia's framework categorizes teenagers exploring various alternatives without definite commitments as being in an identity moratorium stage (Statement Q). Conversely, identity foreclosure occurs when an individual blindly accepts a ready-made identity or career path chosen by authority figures, like parents, without engaging in any personal exploration of alternatives (Statement S).

30. Mr. Sharma sets very strict rules for his teenage son, enforces punitive measures for mistakes, and never allows him to have a say in family decisions. In contrast, his neighbour, Mrs. Verma, is extremely warm and supportive of her daughter but sets absolutely no definite standards or rigid rules, leaving her daughter to make all her own decisions.
Which of the following approaches to child-rearing correspond to the methods adopted by Mr. Sharma and Mrs. Verma?
(P) An approach high in demandingness and low in responsiveness, where parents use strict discipline without allowing the child any say.
(Q) An approach high in both demandingness and responsiveness, allowing children to have their own opinions while maintaining strict rules.
(R) An approach high in responsiveness but low in demandingness, where parents act as warm guides without setting rigid rules.
(S) An approach low in both responsiveness and demandingness, characterized by complete indifference to the child's activities.
(a) Only (Q) and (S)
(b) Only (P) and (R)
(c) Only (P) and (Q)
(d) Only (R) and (S)

Ans :

(b) Only (P) and (R)
Parenting styles are based on parental demandingness and responsiveness. An authoritarian style is high in demandingness and low in responsiveness, using strict discipline without valuing the child's input (Statement P). A permissive style is high in responsiveness but low in demandingness, characterized by warmth and support but lacking definite standards or rigid rules (Statement R).

31. Read the following Assertion and Reason carefully and select the correct option.
Assertion (A): Three-year-old Aarav hits the wooden chair after bumping into it, angrily stating that the chair intentionally hurt him because it was mad at him.

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Reason (R): Children in this specific developmental phase focus on a single aspect of a situation while completely neglecting other relevant dimensions.

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
Assertion A is true as Aarav displays animistic thinking, believing the inanimate chair has human intentions. Reason R is true as it accurately defines centration, a cognitive limitation of this developmental stage. However, centration is about focusing on one physical aspect, which does not explain his magical belief. Thus, Reason R does not explain Assertion A.

32. Read the following Assertion and Reason carefully and select the correct option.
Assertion (A): Seventeen-year-old Kabir has confidently decided to join his father's textile business immediately after school, without ever considering or exploring any other career options.
Reason (R): He has accepted a readymade identity chosen by an authority figure without going through a process of searching or gathering information about various alternatives.

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
Assertion A is true as Kabir commits to a career path purely based on his father's choice without any personal exploration. Reason R is true and correctly explains Assertion A, because accepting a readymade identity from an authority figure without searching for alternatives is the exact definition of the identity foreclosure status in adolescent development.

33. Read the following Assertion and Reason carefully and select the correct option.
Assertion (A): When her mother returns to the room after a brief absence, baby Meera approaches her for comfort but immediately arches her back and pushes her away while crying.
Reason (R): Caregivers who are completely insensitive, rejecting, and unavailable during times of distress tend to foster this specific pattern of contradictory and resistive behaviour in their infants.

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(c) Assertion is true, and Reason is false.
Assertion A is true as Meera exhibits ambivalent attachment, characterized by opposing tendencies of clinging and resisting the parent upon return. Reason R is false because insensitive, rejecting, and unavailable caregivers foster avoidant attachment, not ambivalent. Ambivalent attachment typically develops when caregivers are highly inconsistent in meeting the infant's physiological and emotional needs.

34. Read the following Assertion and Reason carefully and select the correct option.
Assertion (A): Fourteen-year-old Sanjay constantly breaks school rules and steals money because he has formulated abstract universal ethical principles that guide his sense of ultimate justice.
Reason (R): Socially disapproved behaviours that violate societal rules are exclusively caused by genetic abnormalities and brain damage, with environmental or family factors playing no role.

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.

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(d) Both Assertion and Reason are false.

Ans :

(d) Both Assertion and Reason are false.
Assertion A is completely false; Sanjay's theft and rule-breaking represent socially disapproved delinquent behaviour, not the advanced universal ethical principle orientation. Reason R is also false because such behaviours are multi-causal, heavily influenced by environmental factors like broken homes, faulty parental attitudes, and political stress, rather than exclusively biological issues.

35. Read the following Assertion and Reason carefully and select the correct option.
Assertion (A): After regularly consuming a sedative for months, twenty-year-old Tarun finds that he now requires a significantly larger dose to experience the same initial calming effect.
Reason (R): Psychological dependence implies that an individual has an increased desire to continue using a drug or alcohol even when the body does not need it physiologically.
(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
Assertion A is true as it correctly describes the phenomenon of tolerance, where larger amounts of a substance are needed over time. Reason R is true as it accurately defines psychological dependence. However, psychological dependence does not cause tolerance; prolonged continued physiological use does. Therefore, Reason R is not the correct explanation for Assertion A.

36. Observe the image below and answer the following question.

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Aarav is a young boy whose father, Rohan, recently took on a highly demanding role at his corporate office. Rohan often comes home exhausted and irritated, reducing the quality time he spends with his son and making Aarav feel neglected.
Identify the environmental layer that the father's workplace represents in the context of the child's development.
(a) Microsystem environment
(b) Mesosystem connection
(c) Exosystem influence
(d) Macrosystem structure

Ans :

(c) Exosystem influence
Bronfenbrenner's Ecological Systems Theory defines the exosystem as a layer that does not directly involve the child but significantly affects them. Here, the father's stressful workplace schedule acts as the exosystem. It alters the father's mood and availability, which in turn indirectly impacts the child's immediate environment and emotional well-being.

37. Observe the image below and answer the following question.

Kavya, a 13-month-old infant, is playing on

her mat. She spots a tiny object and skillfully picks it up using the highly coordinated hand movement shown above.
Identify the specific motor development skill demonstrated by the infant in the given image.
(a) Ulnar grasp technique
(b) Pincer grasp ability
(c) Pre-reaching movement
(d) Rooting reflex action

Ans :

(b) Pincer grasp ability
The pincer grasp is a well-coordinated fine motor skill where an infant uses the forefinger and thumb oppositely to lift or hold an object. Developing around 12 to 14 months, it replaces the clumsier ulnar grasp. The image clearly demonstrates this specific tip-to-tip coordination to pick up a tiny raisin.

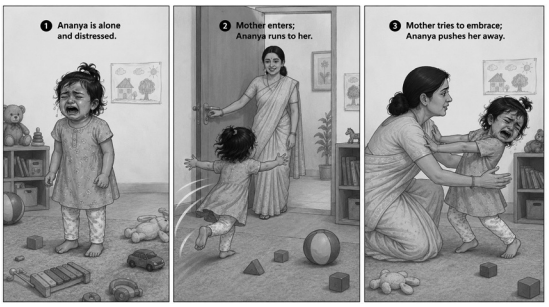
38. Observe the image below and answer the following question.

Four-year-old Ishaan accidentally drops his favorite stuffed toy on the hard floor. He immediately picks it up, hugs it tightly, and puts a small adhesive bandage on its arm, apologizing for the "pain" it must be feeling.
Which cognitive characteristic of early childhood is depicted in the child's behavior?
(a) Animistic thinking
(b) Transitive inference
(c) Centration tendency
(d) Irreversibility concept

Ans :

(a) Animistic thinking
According to Piaget's preoperational stage, animistic thinking is the belief that inanimate objects possess human qualities like thoughts, feelings, and the capacity to feel pain. The child bandaging the teddy bear illustrates this egocentric bent of mind, as he uses his own physical experiences to interpret the condition of his toy.

39. Observe the image below and answer the following question.



During a psychological observation, little Ananya is left alone in a playroom. When her mother returns after a brief absence, Ananya runs to her crying, but when the mother tries to pick her up, Ananya angrily pushes her away and refuses to be comforted.
Based on the child's reaction upon the caregiver's return, identify the specific style of emotional bond exhibited.
(a) Secure attachment
(b) Avoidant attachment
(c) Disorganized attachment
(d) Ambivalent attachment

Ans :

(d) Ambivalent attachment
Ambivalent attachment is characterized by babies who show opposing tendencies when reunited with a caregiver. The child initially seeks proximity due to distress but simultaneously displays anger and resistive behavior, such as pushing the parent away. This typically develops when caregivers are highly inconsistent in meeting the infant's emotional needs.

40. Observe the image below and answer the following question.

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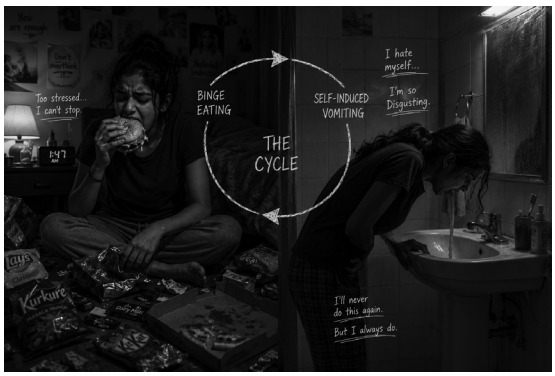

Meera, a 16-year-old girl, often experiences intense periods of stress. During these times, she consumes unusually large quantities of high-calorie food in secret. Shortly afterward, overwhelmed by immense guilt and the intense fear of gaining weight, she forces herself to vomit. Which specific behavioral concern of adolescence is represented by this cyclical pattern?

(a) Anorexia Nervosa
(b) Substance dependence
(c) Bulimia Nervosa
(d) Cognitive distortion

Ans :

(c) Bulimia Nervosa

Bulimia nervosa is an eating disorder characterized by an episodic, uncontrolled intake of large amounts of food (binge eating). This is immediately followed by inappropriate compensatory methods, such as self-induced vomiting or purging, driven by intense guilt and a fear of weight gain, as clearly depicted in the cyclical illustration.

ONE MARK QUESTIONS

41. Rohan's development is significantly affected by the sudden death of his father during his early childhood. Which layer of his environmental context encompasses this time-related event?

Ans :

Chronosystem

42. When an examiner strokes the sole of a newborn's foot, the baby responds by fanning out its toes. Identify this newborn reflex.

Ans :

Babinski reflex

43. A 13-month-old toddler successfully picks up a small block from the floor using only her forefinger and thumb oppositely. Name this specific motor skill.

Ans :

Pincer grasp

44. Kavya, a preschooler, knows what a dog is. Upon seeing a goat for the first time, she points at it and shouts, "Dog!" Which cognitive process is she using to interpret this new animal?

Ans :

Assimilation

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45. Four-year-old Aarav refuses to leave his teddy bear outside in the dark because he believes the toy will feel scared and lonely. What specific type of cognitive thought does this demonstrate?

Ans :

Animistic thinking

46. If stick A is taller than stick B, and stick B is taller than stick C, Priya can mentally conclude without physically measuring that stick A is taller than stick C. Identify this cognitive ability.

Ans :

Transitive inference

47. Amit believes his experiences of heartbreak are entirely unique and that no one, especially his parents, could possibly understand his deep emotional pain. Name the cognitive distortion described here.

Ans :

Personal fable

48. In a laboratory test measuring caregiver separation, an infant explores the room independently, shows no distress when the mother leaves, and does not cling to her when she returns. Which style of emotional bond does this indicate?

Ans :

Avoidant attachment

49. Meera is a relatively inactive toddler who shows mild negative reactions when introduced to

new caregivers and takes a long time to adjust to unfamiliar surroundings. How would her temperament be classified?

Ans :

Slow-to-warm-up child

50. A nine-month-old baby starts crying and clings tightly to his mother when a visiting relative he has never met tries to pick him up. What is this specific emotional reaction called?

Ans :

Stranger anxiety

51. Two toddlers are sitting side by side in a sandbox, both building their own individual sandcastles with similar buckets, but they are not interacting or talking to each other. Identify this form of play.

Ans :

Parallel play

52. Seven-year-old Riya understands that her brother remains a boy even if he decides to wear a skirt or grow his hair long. What stage of gender awareness has she achieved?

Ans :

Gender consistency

53. Sameer shares his lunch with a classmate not because he inherently wants to help, but primarily because he wants the teacher to praise him as a helpful student. Identify the specific stage of moral development he is currently in.

Ans :

Good boy-good girl orientation

54. Anjali's parents enforce extremely strict rules, use punitive measures to discipline her, and do not allow her to have a say in any household decisions. Name this parenting style.

Ans :

Authoritarian parenting

55. Without exploring other career options, Rahul decides to become an engineer simply because his father and grandfather expect him to take over the family firm. Which identity status does this reflect?

Ans :

Identity foreclosure

56. Despite growing up in a highly abusive environment with severe economic hardship, Sunita develops into a confident, competent, and socially well-adjusted adult. What term describes this capacity to flourish despite devastating conditions?

Ans :

Resilience

57. After abruptly stopping the use of a habit-forming drug, an adolescent experiences severe nausea, muscle cramps, and excessive sweating. What are these physiological reactions collectively called?

Ans :

Withdrawal symptoms

58. A teenager consumes abnormally large amounts of food during periods of sadness and subsequently uses laxatives or self-induced vomiting to prevent weight gain. Identify this eating disorder.

Ans :

Bulimia nervosa

59. When a caregiver hides a toy under a blanket, the baby immediately pulls the blanket away to find it, knowing the toy still exists even though it was out of sight. What cognitive ability has the infant mastered?

Ans :

Object permanence

60. Psychologists often debate whether a child's high intelligence is primarily the result of their genetic inheritance or their highly stimulating home environment. What is this widespread theoretical disagreement termed?

Ans :

Nature-nurture controversy

61. Aarav's father gets a stressful new work schedule, which makes him irritable at home and affects Aarav's development.
Identify the specific layer of the ecological system affecting Aarav.

Ans :

Exosystem

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62. Meera's developmental progress shows that she often advances in a skill, pauses for consolidation, and occasionally moves back before advancing again.
Which specific pattern of movement in development does Meera illustrate?

Ans :

Spiral pattern of movement

63. When a sudden loud sound was heard, infant Kabir arched his back, threw his legs and hands upward, and brought them back as if to embrace someone.
Name the reflex displayed by Kabir.

Ans :

Moro reflex

64. Twelve-month-old Diya successfully picks up a small piece of cereal using her forefinger and thumb oppositely.
What specific motor skill is Diya demonstrating?

Ans :

Pincer grasp

65. Four-year-old Rohan accidentally trips over a chair and hits it back, complaining that the chair purposefully tried to hurt him.
Identify the type of thinking Rohan is exhibiting.

Ans :

Animistic thinking

66. Ritu is told that Amit is taller than Sumit, and Sumit is taller than Rahul. Without seeing them, she logically concludes that Amit is the tallest.
Which cognitive ability has Ritu used?

Ans :

Transitive inference

67. Sixteen-year-old Kavya believes her experiences of first love are completely unique and that no one else could possibly understand her feelings.
What specific cognitive distortion is Kavya experiencing?

Ans :

Personal fable

68. When her mother returns to the playroom, little Anjali shows no enthusiasm, ignores her, and does not cling when picked up.
Identify the style of attachment Anjali has developed.

Ans :

Avoidant attachment

69. Five-year-old Yash firmly believes that because he is a boy now, he will remain a boy for his entire life.
Which concept of gender awareness has Yash achieved?

Ans :

Gender stability

70. Sanya and Priya sit next to each other playing with similar building blocks, but they do not interact or exchange blocks with each other.
Identify the type of play they are engaging in.

Ans :

Parallel play

71. Some children are inactive, indifferent, or show mild negative reactions when exposed to any new situations.
According to Thomas and Chess, what type of temperament do these children have?

Ans :

Slow-to-warm-up

72. A person compulsively uses drugs despite facing repeated troubles in interpersonal relationships, workplace, and social settings.
Name the specific term used to describe this condition.

Ans :

Substance abuse

73. An individual requires a much larger amount of a previously used substance to produce the same physical effects.
Identify the phenomenon occurring in this individual.

Ans :

Tolerance

74. A young person refuses to explore alternative career options and simply chooses a readymade identity decided by their parents.
According to James Marcia, which identity status does this represent?

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Ans :

Identity foreclosure

75. A parent expects unquestioning obedience, frames strict rules, and uses punitive measures without allowing the child any say in decisions.
Name the parenting style being practiced.

Ans :

Authoritarian parents

76. One-year-old Aryan looks at his mother's facial expression to determine how he should react to a friendly stranger entering the park.
Explain briefly the developmental milestone Aryan is displaying.

Ans :

He is using social referencing to understand and show a suitable response based on his caregiver.

77. Sixteen-year-old Tara frequently consumes unusually large amounts of food and immediately engages in self-induced vomiting.
Describe briefly the eating disorder Tara is suffering from.

Ans :

She is suffering from Bulimia Nervosa, characterized by binge eating followed by inappropriate compensatory methods.

78. Little Samir encounters a new animal that does not fit his existing knowledge, creating cognitive disequilibrium.
Explain briefly how the process of accommodation will help Samir.

Ans :

He will create a new schema or adjust his old schema to explain the environment properly.

79. Manish refuses to cross a red traffic light on an empty road, stating that laws must always be followed.
Explain briefly the sub-stage of Kohlberg's moral development Manish is displaying.

Ans :

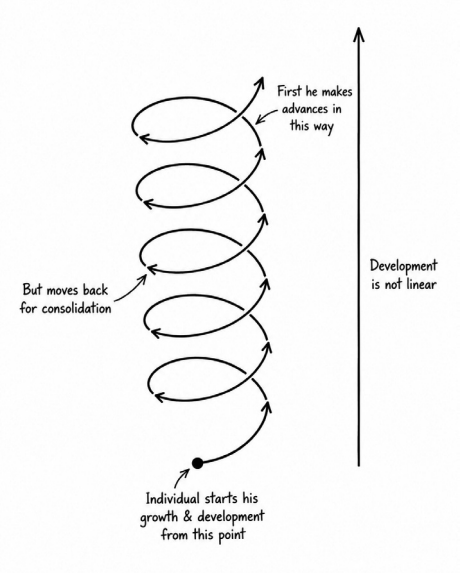
He is in the social order-maintaining orientation, considering law and order as the essence of morality.

80. Ishaan's parents tried teaching him to walk at six months, but he could not do it until his body was biologically ready.
Describe briefly the concept of maturation that influenced Ishaan's development.

Ans :

It is the gradual unfolding of characteristics depending on biological factors like age to reach full functionality.

81. Observe the image below and answer the following question.


First he makes advances in this way
But moves back for consolidation
Development is not linear
Individual starts his growth & development from this point

Identify the specific characteristic of the developmental process illustrated in the given schematic diagram.

Ans :

Development occurs by a spiral pattern of movement.

82. Observe the image below and answer the following question.

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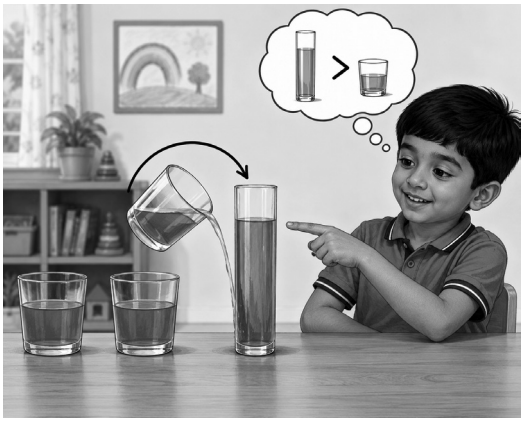
Name the specific newborn motor reflex demonstrated by the infant's toes in response to the tactile stimulation on the sole.

Ans :

Babinski reflex.

83. Observe the image below and answer the following question.



Aarav believes the tall glass contains more liquid. Identify the specific cognitive limitation that causes him to focus only on the height of the liquid while ignoring its width.

Ans :

Centration.

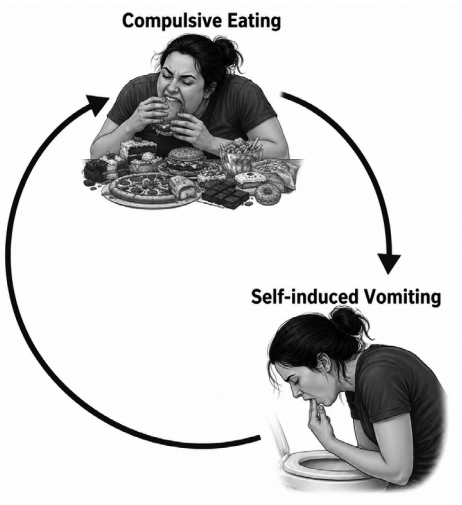
84. Observe the image below and answer the following question.

Based on Harry Harlow's research depicted in the image, what specific psychological need drives the baby monkey to physically cling to the cloth structure instead of the wire one?

Ans :

The need for contact comfort.

85. Observe the image below and answer the following question.



Identify the specific eating disorder characterized by the cyclical pattern of uncontrolled food intake followed by inappropriate compensatory methods, as illustrated in the diagram.

Ans :

Bulimia Nervosa.

86. Study the relation between the first two words/ phrases and then fill in the fourth word.
Cultural values and customs : Macrosystem :: Family and school : _____

Ans :

Microsystem

87. Study the relation between the first two words/ phrases and then fill in the fourth word.
Fanning out of the toe : Babinski reflex :: Turning head towards cheek stimulation : _____

Ans :

Rooting reflex

88. Study the relation between the first two words/ phrases and then fill in the fourth word.
Focussing on one aspect and neglecting others : Centration :: Mentally arranging objects along a quantitative dimension : _____

Ans :

Seriation

89. Study the relation between the first two words/ phrases and then fill in the fourth word.

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High demandingness and low responsiveness : Authoritarian parents :: High responsiveness and low demandingness : _____

Ans :

Permissive parents

90. Study the relation between the first two words/ phrases and then fill in the fourth word.
Induce a dreamy and relaxed state : Opiates :: Alter the sensory perceptions : _____

Ans :

Psychedelics

91. State whether the following is True or False.
In the bioecological systems theory, the interconnection between a child's parents and their school teachers constitutes the exosystem layer of the environment.

Ans :

False

92. State whether the following is True or False.
An infant lying on their back who turns their head to one side and extends the arm in front of the eyes on that same side while bending the other arm is displaying the tonic neck reflex.

Ans :

True

93. State whether the following is True or False.
A child successfully understands that the amount of water remains the same when poured into a differently shaped glass because they have developed the cognitive ability of centration.

Ans :

False

94. State whether the following is True or False.
Infants who explore their environment independently, do not show distress when the parent leaves, and exhibit no enthusiasm upon the parent's return are displaying an avoidant style of attachment.

Ans :

True

95. State whether the following is True or False.
Adolescents who have not yet reached any definite commitments in terms of goals but are in the process of exploring various alternatives are in a state of identity moratorium.

Ans :

True

FOUR MARKS QUESTIONS

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96. Ravi's father frequently works late shifts, which leaves him exhausted and unable to spend quality time with Ravi. This workplace schedule indirectly affects Ravi's emotional growth, even though Ravi has never visited his father's office.
(i) Identify the specific environmental layer influencing Ravi's development in this scenario.
(ii) Explain any three other environmental layers that influence a child's development according to this theory.

Ans :

(i) The specific environmental layer influencing Ravi's development is the exosystem, which involves members of his microsystem affecting him indirectly.
(ii) The other environmental layers that constitute a child's ecological system include the following:
1. The microsystem involves structures with which the child has direct contact, such as family, school, and the immediate neighbourhood. It is the closest layer, featuring a bidirectional influence where the child's behaviour affects the parents and the parents' beliefs simultaneously influence the growing child.
2. The mesosystem comprises the interconnections between the various structures of the child's microsystem. For instance, the relationship and communication between a child's parents and their school teachers form this layer, which significantly influences the child by directly affecting the dynamics of their immediate microsystem.
3. The macrosystem encompasses the broader cultural values, customs, and laws that exert an overarching effect on all other systems around the child. Although it is considered the outermost environmental layer, it plays a highly significant role in directing and shaping

the child's ultimate developmental trajectory.

97. Meera spends hours in front of the mirror perfectly styling her hair before attending a party. She is highly self-conscious and convinced that everyone at the gathering will be noticing and evaluating her appearance throughout the evening.

(i) Identify the specific cognitive distortion exhibited by Meera.

(ii) Describe three major developments in abstract thinking that occur during the cognitive stage Meera is currently in.

Ans :

(i) Meera is exhibiting the cognitive distortion known as the imaginary audience, where she imagines being the absolute centre of attention.

(ii) Meera is in the formal operational stage, which is characterized by the following major cognitive developments:

1. Adolescents develop hypothetico-deductive reasoning, where they approach a problem with a generalized view, consider all possible influencing factors, and deduce a specific hypothesis. They then test this prediction in an organized manner, systematically moving from abstract possibilities toward concrete reality to solve the issue.
2. They acquire propositional thought, which enables them to evaluate the logic of verbal statements without needing to refer to real-world circumstances. The adolescent can determine if a statement is logically sound based entirely on its wording without recreating the actual scenario to verify it.
3. Mastery over language greatly increases, which further flourishes their abstract thoughts and reflections. Such advanced abstract thinking is highly necessary for comprehending complex time and space concepts in physics, mathematical concepts in algebra, or philosophical concepts like justice and freedom in social studies.

98. Rohit is a high school student who has never explored any career alternatives. He simply plans to take over his family's hardware business because his father expects him to do so, accepting this future without any personal exploration or questioning.

(i) Identify Rohit's current identity status.

(ii) Describe the other three identity statuses adolescents may experience while developing a distinct identity.

Ans :

(i) Rohit's current identity status is identity foreclosure, where an individual commits to a goal without exploring various alternatives.

(ii) According to James Marcia, adolescents may shift between the following three other identity statuses:

1. Identity diffusion occurs when individuals are not committed to any particular goal and lack clear direction. They never attempt to reach a goal through exploring different alternatives, as they find the complex task of identity searching to be highly threatening and overwhelmingly difficult to manage.
2. Identity moratorium describes individuals who have not yet reached any definite commitments regarding their goals. They are currently in the active process of exploring various alternatives, gathering information, and trying out different activities to recognize goals that will give them a sense of psychological well-being.
3. Identity achievement is the status where individuals have thoroughly explored different alternatives and successfully formulated a firm set of self-chosen values and goals. These adolescents feel a profound sense of well-being, clearly knowing the exact future direction and life goals they wish to reach.

99. Sneha's mother establishes strict rules at home and uses punitive measures to discipline her. Sneha is never allowed to have a say in household decisions, as her mother exhibits high demandingness but lacks warmth and responsiveness.

(i) Identify the parenting style adopted by Sneha's mother.

(ii) Explain the three other parenting styles based on the dimensions of demandingness and responsiveness.

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Ans :

(i) Sneha's mother exhibits an authoritarian parenting style, characterized by high demandingness and low parental responsiveness.

(ii) Based on the combinations of demandingness and responsiveness, the other three parenting styles are:

1. Authoritative parents are both highly demanding and responsive. While they establish strict rules for their children to follow, they also warmly allow the children to express their own opinions and take a few independent decisions, provided the parents consider those choices to be correct.
2. Permissive parents exhibit high responsiveness but show very low demandingness. They are warm, supportive parents who gently guide their children to form their own opinions and take independent decisions, purposefully avoiding the establishment of any rigid rules or developmental behavioral standards for their children.
3. Rejecting or neglecting parents demonstrate both low responsiveness and low demandingness toward their offspring. They remain completely indifferent and uninvolved in their child's life, displaying no genuine concern or interest in what their children do, think, or feel during their everyday developmental experiences.

100. When baby Aryan is placed on his back and hears a sudden loud noise, he immediately throws his legs and hands upward as if trying to embrace somebody. This mechanical, unlearned activity aids in his early survival.

(i) Identify the specific newborn reflex demonstrated by Aryan.

(ii) Describe any three other newborn reflexes that help infants adjust to their environment.

Ans :

(i) Aryan is demonstrating the Moro reflex, which occurs when an infant reacts to a sudden loud noise or jerk.

(ii) Nature provides newborns with several other reflexes to aid survival, including the following:

1. The rooting reflex is triggered when someone strokes the infant's cheeks near the corner of the mouth. In response to this specific tactile stimulation, the infant instinctively turns their head towards the source, which primarily helps them locate food during the early neonatal stage.
2. The Babinski reflex is an unlearned, spontaneous physical response observed in newborn infants. When a caregiver or examiner gently strokes the sole of the infant's foot, the baby responds by immediately fanning out their toes, serving as a critical index of early motor development.
3. The tonic neck reflex, often called the fencing reflex, occurs when the infant turns its head to one side while lying on the back. The infant extends one arm in front of the eyes on the turned side while the other arm remains bent.

101. Eight-year-old Kabir keeps his room tidy purely because his parents reward him with extra video game time. Conversely, his classmate Ananya shares her lunch with a peer only because she expects the peer to help her with homework in return. Neither child understands societal rules yet.

(i) Identify and explain the moral orientation guiding Kabir's behaviour.

(ii) Identify and explain the moral orientation guiding Ananya's behaviour.

Ans :

(i) Kabir's behaviour is guided by the obedience and punishment orientation of moral development.

1. In this stage, a child's morality is based solely on the direct consequences of their actions, where behaviors leading to rewards are judged as completely acceptable and good.
2. The child explicitly obeys authority figures like parents to perform actions that bring appreciation, while actively avoiding behaviors that lead to negative consequences or strict punishment from authorities.

(ii) Ananya's behaviour is guided by the self-interest orientation of the pre-conventional level.

1. During this stage, the child's moral judgment is highly dependent on self-interest and careful considerations of

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what other individuals can explicitly do for them in return.
2. The child shows a limited interest in others' needs, performing only those specific actions that place them in an advantageous position or bring direct reciprocal approval from peers.

102. During a psychological observation, baby Tara freely explores the playroom but seeks comfort from her mother when a stranger enters. In another room, baby Rohan independently plays with toys, showing absolutely no distress when his mother leaves and no enthusiasm when she returns.
(i) Identify and describe the attachment style demonstrated by Tara.
(ii) Identify and describe the attachment style demonstrated by Rohan.

Ans :

(i) Tara demonstrates a secure attachment style, indicating her parents act as a secure base.
1. In this style, infants may or may not cry upon separation, but they actively seek contact and are easily soothed by their primary caregivers when they feel upset.
2. These infants confidently explore new environments, believing the attachment figure will meet their needs, which generally develops when caregivers are sensitive and respond appropriately to the child.

(ii) Rohan demonstrates an avoidant attachment style, characterized by a lack of response to the parent.
1. Infants with this style explore the environment independently, displaying no visible distress when the parent leaves and showing no responsive enthusiasm or clinging when the parent finally returns.
2. This specific attachment pattern typically develops when the primary attachment figures are consistently insensitive, rejecting, or emotionally unavailable to the child during critical times of distress.

103. The study of lifespan development reveals that physical and mental growth do not occur randomly. Psychologists have identified several foundational principles that explain how changes manifest in an individual over time. Discuss any four key principles that provide the context of human development.

Ans :

The principles that provide the context for understanding human development include the following:
1. Development is a continuous process that begins at conception in the mother's womb and progresses until death. Although it is not always observable or smooth, and the pace may rapidly accelerate or slow down, this ongoing developmental process is constantly in progress.
2. Development is a cumulative process where changes at each stage depend on the prior stage's development. Any newly acquired ability, such as a child's first step or first spoken word, is simply an addition to previously accumulated motor or language skills.
3. Development occurs by a spiral pattern rather than in a steady, linear way. After attaining a particular developmental change, there is a period of consolidation where the child advances, moves back, and then advances again before moving forward to the next milestone.
4. Development proceeds from general to specific responses within the individual. A baby initially exhibits random, generalized limb movements, which gradually refine into specific, goal-directed actions, such as deliberately grasping or reaching out to hold a particular object in their environment.

104. School plays an instrumental role in the socio-emotional growth of children by providing opportunities to form strong emotional bonds with peers. Based on the findings of Newcomb and Bagwell (1995), describe any four primary characteristics of children's friendships.

Ans :

According to Newcomb and Bagwell, children's friendships are characterized by the following specific traits:
1. Friends inherently possess stronger and more intense emotional ties to each other compared to their relationships with regular peers, which significantly helps them develop the crucial interpersonal social skills needed for forming lasting, close relationships outside their immediate home environment.

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2. Children who are friends actively cooperate and readily help each other far more frequently than they assist other non-friend classmates, thereby purposefully fostering a highly supportive, secure, and engaging social environment that further facilitates their holistic socio-emotional development.
3. Because friends consistently judge themselves as complete equals in their relationship, they are noticeably less competitive with one another and purposely avoid dominating each other during their daily playful interactions, shared activities, and collaborative social engagements at school.
4. Friends tend to be much more similar to each other in various behavioral aspects, allowing them to openly and freely express significantly greater levels of mutual liking, profound emotional closeness, and unwavering loyalty toward one another in multiple situations.

105. Teenage years are marked by extreme emotional upheavals and challenges. Sometimes, failure to cope with these pressures leads adolescents to engage in socially disapproved behaviours that violate societal rules. Discuss any four social factors that can result in such delinquent behaviours among teenagers.

Ans :

The social factors that significantly contribute to the development of delinquent behaviours include:

1. Alienation and rebelliousness drive teenagers toward antisocial activities due to a detachment from cultural values. A lack of strong belief systems causes a loss of internal control, often stemming from inappropriate parenting, media influence, improper morality, or an overarching lack of empathy.
2. A lack of proper educational opportunities leaves many individuals unable to fulfill their career goals. In an era of intense competition and high educational expenditure, frustrated individuals may tragically resort to delinquent survival acts, such as stealing or harmful intoxication.
3. Engagement in gang activities heavily promotes delinquency, as these organized group structures work deliberately to violate established social norms. Such negative peer-driven activity is predominantly common among vulnerable adolescents who belong to lower economic strata and seek misguided social support.
4. Political stress develops when governmental policies or political decisions negatively affect young people, causing immense frustration. This underlying tension can directly lead to impulsive, erratic outbursts among teenagers, eventually escalating into destructive delinquent activities like widespread community vandalism or arson.

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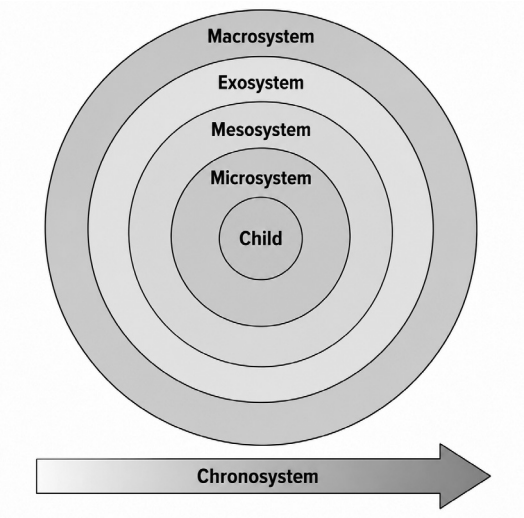
106. Observe the given image and answer the following questions.



(i) Name the theory and the psychologist who developed the model depicted in the image.
(ii) Describe the three outermost environmental systems shown in this model.

Ans :

(i) This is the Ecological Systems Theory (or bioecological systems theory) developed by Urie Bronfenbrenner.
(ii) The three outermost environmental systems affecting the child's development are:
   1. Exosystem involves layers where the child is not directly involved, but members of their microsystem are, which indirectly affects them. For instance, a parent's stressful workplace schedule constitutes the exosystem, as it affects the child's interaction with the parent and subsequently their overall development.
   2. Macrosystem is considered the outermost layer of the child's immediate

environment and constitutes the cultural values, customs, and laws of the society. This system has a highly significant role to play in directing the child's development according to broader societal norms and cultural traditions.

3. Chronosystem constitutes the dimension of time in relation to the child's environment. It includes the timing of significant life events, such as the physiological changes of puberty hitting the child or the death of a parent, which ultimately and profoundly affects the child's development.

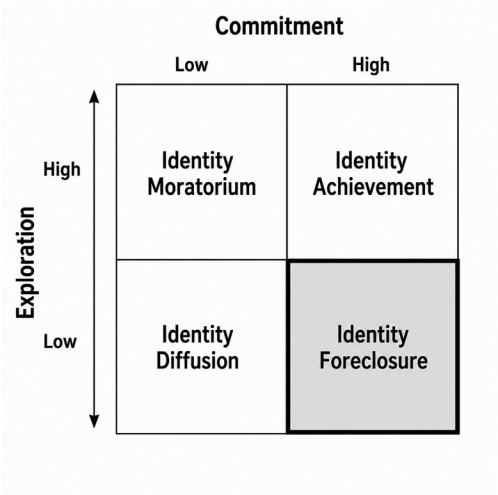
107. Observe the given image carefully and answer the following questions.

(i) Identify the specific motor reflex demonstrated by the infant in the image.
(ii) Explain this reflex and describe any two other reflexes present in a newborn.

Ans :

(i) The image demonstrates the Tonic neck reflex, which is also called the fencing reflex.
(ii) Newborns are provided with reflexes to help in their survival until motor development is established:
   1. Tonic neck reflex occurs when the infant turns its head to one side while lying on the back. The infant extends one arm in front of the eyes on the side to which the head is turned, while the other arm remains flexed or bent.
   2. Moro reflex is a survival response to a sudden loud noise or a sudden jerk. When an infant is placed on its back, it suddenly throws his/her legs and hands upward. It seems as if the infant goes to embrace somebody in response to the startle.
   3. Rooting reflex is an essential survival mechanism where the infant turns its head towards the source of stimulation immediately upon stroking the cheeks near the corner of the mouth. This unlearned, spontaneous reflex helps the newborn find food.

108. Observe the given image and answer the following questions.



Rahul recently joined his family's traditional business right after high school. He has not considered what he actually wants to do with his life or explored any other career options, simply because his father expected him to join.

(i) Name the psychological concept and identify Rahul's specific status as highlighted in the image.
(ii) Describe any two other statuses from this model.

Ans :

(i) The image relates to James Marcia's concept of four identity statuses. Based on the scenario:
   1. Rahul is exhibiting Identity Foreclosure, as he has committed to a particular career goal without exploring or searching various alternatives.
   2. In this specific status, individuals avoid the complex task of exploration. They simply accept and choose a readymade identity that is handed down to them by their authority figures, such as their parents or teachers, without questioning it.

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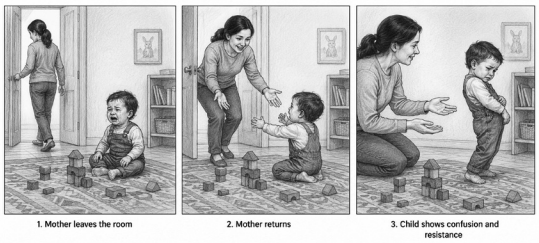
(ii) Two other identity statuses proposed by James Marcia in this model are:
1. Identity diffusion refers to individuals who are not committed to a particular goal and completely lack clear direction. They never try to reach any goal through exploring different alternatives, finding the task of identity searching too threatening and complex.
2. Identity moratorium includes individuals who have not yet reached any definite commitments in terms of goals. They are currently in the active process of gathering information and trying out various activities to recognise the goals that provide psychological well-being.

109. Observe the given image below and answer the following question.

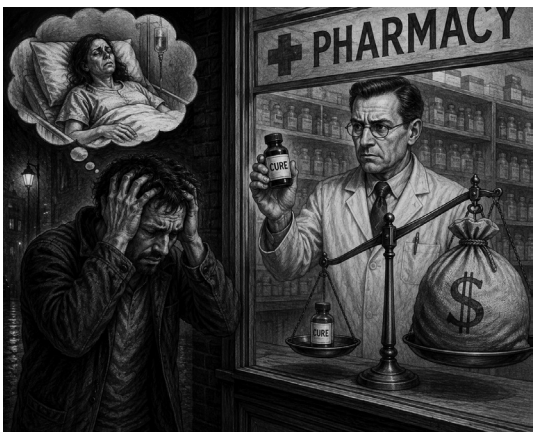


A mother returns to a room to comfort her crying baby, but the baby shows contradictory behaviour, acting confused and looking away with signs of distress. Identify the attachment style depicted in the scenario and elaborate on the characteristics of this style and two other styles identified in this classification.

Ans :

The child is displaying disorganised or disoriented attachment, a style identified by Mary Ainsworth's Strange Situation Classification.
1. In disorganised attachment, babies show maximum insecurity and a confused, contradictory behaviour. They may first run up to the returning parent but immediately resist being picked up, looking away and showing deep signs of distress or fear.
2. This specific attachment style generally develops when the parents or primary caregivers themselves are overloaded with emotional problems or distress. Consequently, the parents become completely disoriented and fail to respond to the developing child's needs sensitively or consistently.
3. Secure attachment is another style where parents serve as a secure base. Infants may cry when the parent leaves but actively seek contact upon return. They feel confident the attachment figure will meet their needs and are easily soothed.
4. Avoidant attachment occurs when babies do not respond much to the parent. They explore independently, show no distress when the parent leaves, and exhibit no enthusiasm upon return. This develops when caregivers are insensitive, rejecting, and unavailable.

110. Study the image given below and answer the question that follows.



Amit reads a story about a man who broke into a laboratory to steal an over-priced drug to save his dying wife. Amit concludes that the man should not have stolen because breaking the law disrupts the rules essential for maintaining a functional society. Based on Amit's reasoning, identify the level and stage of his moral development and explain this stage alongside the subsequent stage in the theory.

Ans :

Based on Amit's reasoning, he is at the Conventional level of moral development, specifically in Stage IV.
1. Stage IV represents the Social order-maintaining orientation of Kohlberg's theory. Individuals in this stage know exactly what is considered right or wrong by society, and they view strict adherence to the law and order as the ultimate essence of morality.
2. In this stage, individuals believe that laws are absolutely essential for maintaining a functional society. Consequently, Amit believes the man should not steal because

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violating laws disrupts the general social order, and he develops moral principles based entirely on this.

3. The subsequent level is the Post-conventional level, starting with Stage V: Social contract orientation. Here, individuals no longer consider societal rules as rigid edicts, but rather as flexible social contracts that must be examined, analysed, and adapted for the greater good.
4. During Stage V, people selectively adapt those social rules and norms which are truly suitable and beneficial for themselves and other people. They finally understand that while rules maintain order, fundamental human rights, like a wife's life, may supersede laws.

111. Rahul's parents recently had their work schedules changed by their employers. As a result, they spend less time at home, which has indirectly started affecting Rahul's daily routine and overall development, even though he never visits their workplace.

With reference to the relevant psychological theory of environmental contexts, answer the following:

(i) Identify the specific environmental layer that the parents' workplace represents.

(ii) Explain the other three environmental layers that surround and directly or indirectly impact the child.

Ans :

(i) Exosystem.

(ii) The other three environmental layers influencing a child's development are:

1. Microsystem involves structures with which the child has direct contact, like family, school, and neighborhood. It is characterized by bidirectional influence, meaning the child actively affects the parents' beliefs and behaviors just as the parents' actions impact the child.
2. Mesosystem constitutes the vital interconnections between the various structures of the child's microsystem. For instance, the ongoing relationship and communication between a child's parents and school teachers form a mesosystem, which significantly influences the child by affecting their immediate learning environment.
3. Macrosystem encompasses the broader cultural values, societal customs, and formal laws affecting all surrounding systems. As the outermost layer of the child's environment, it plays a highly significant role in development by dictating societal norms that govern upbringing and behavioral expectations.

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112. When baby Anjali is placed on her back and hears a sudden loud noise, she instinctively throws her legs and hands upward. It appears as if she is trying to embrace somebody in response to the sudden jerk.

Based on early developmental abilities, answer the following:

(i) Identify the specific newborn reflex demonstrated by baby Anjali.

(ii) Describe any three other newborn reflexes that help infants survive until their motor development is well established.

Ans :

(i) Moro reflex.

(ii) Three other essential newborn reflexes observed during infancy are:

1. Rooting reflex occurs when the infant turns their head towards the source of stimulation upon stroking the cheeks near the corner of the mouth, which instinctively helps the newborn locate food for survival.
2. Babinski reflex involves the fanning out of the infant's toes upon stroking the sole of the foot. It is a spontaneous, unlearned, and mechanical activity limited to a specific area of the newborn's body.
3. Tonic neck reflex, also known as the fencing reflex, occurs when the infant turns its head to one side while lying on the back, extending one arm in front of the eyes while the other arm is flexed.

113. While visiting the zoo for the first time, a preschooler sees a crocodile and excitedly shouts "lizard!" because she searched her existing mental concepts and found the crocodile similar to the animal she knows. Later, noticing characteristic differences, she adjusts her understanding and calls it a "big lizard."

(i) Identify the overarching process of building these mental structures.

(ii) Explain the two complementary activities

involved in this process and the cognitive state they ultimately create.

Ans :

(i) Adaptation.
(ii) The complementary activities and the resulting cognitive state are:
1. Assimilation means using the present schemas to interpret the external world. The child incorporates new experiences into existing schemas, just as the preschooler used her existing concept of a lizard to label the unfamiliar crocodile she saw.
2. Accommodation involves creating new schemas or adjusting old schemas to explain the environment properly when the present schema is unable to do so, like noticing the differences and adjusting the schema to "big lizard."
3. Equilibration is the back and forth movement between cognitive equilibrium and disequilibrium. Children shift from assimilation to accommodation when schemas fail to explain reality, returning to assimilation once schemas are successfully modified.

114. Three-year-old Kabir looks up at the sky and tells his mother, "The cloud is crying because the sun has scolded it." He firmly believes the clouds have feelings and intentions just like he does.
(i) Identify the specific type of thinking Kabir is displaying.
(ii) Explain the broader cognitive limitation this stems from and two other limitations of a child in this developmental stage.

Ans :

(i) Animistic thinking.
(ii) The cognitive limitations observed in this developmental stage are:
1. Egocentrism refers to the tendency found in children to focus entirely on their own viewpoints while ignoring others' perspectives. It prevents children from accommodating or modifying their faulty reasoning with respect to their physical environment.
2. Centration occurs when a child focuses on only one aspect of a situation while neglecting other aspects. They are unable to conserve or understand that the physical characteristics of an object remain unchanged even when its outward appearance changes.
3. Irreversibility is a limitation where the child mentally cannot go through certain steps and then retrace those steps back in the reverse direction, making them unable to reverse physical actions mentally.

115. In an experiment, infant monkeys were separated from their mothers and placed in cages with two artificial surrogate mothers. The infants spent most of their time clinging to a soft, cloth-covered surrogate rather than the wire-mesh surrogate that actually provided them with food.
(i) Identify the key component of attachment demonstrated by the infant monkeys.
(ii) Explain three major behavioral findings observed by the psychologist who conducted this experiment.

Ans :

(i) Contact comfort.
(ii) The major behavioral findings from this experiment are:
1. Attachment depends on the satisfaction of the need for contact comfort rather than just physical needs like hunger, negating the idea that attachment is caused solely by the satisfaction of basic physiological needs.
2. The infant monkeys showed strong emotional ties to the terry cloth mothers even when subjected to signs of rejection, such as strong jets of air or metal spikes, clinging tightly even after these rejection phases.
3. When frightened, monkeys raised by wire mothers engaged in self-destructive behavior, cried, and threw themselves on the floor, whereas monkeys raised by cloth mothers held on tightly to their surrogates for security.

116. Meera is a toddler who is highly irregular in her daily routines. She is extremely slow to accept any new situations or experiences and frequently shows negative reactions like crying, anger, and intense temper tantrums compared to her peers.
(i) Which personality type best describes Meera based on her emotional reactions?
(ii) Explain the broader concept defining Meera's behavior and the other two types of children

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categorized under this concept.

Ans :

(i) Difficult children.

(ii) The broader concept and the other two categories are:

1. Temperament refers to the stable individual differences in the quality and intensity of emotional reactions. It dictates whether a person is generally cheerful, calm, or energetic, acting as the foundation for how children respond to their environments.
2. Easy children are cheerful, easily adapt to new situations, and are quick in establishing and following daily routines. They adjust comfortably and display positive emotional reactions to their surrounding environments and caregivers.
3. Slow-to-warm-up children are generally inactive, indifferent, or show mild negative reactions when exposed to any new situations. They adjust very slowly to new environments before eventually becoming comfortable.

117. In a preschool classroom, a group of five-year-old children are actively participating together to build a large toy castle. They are communicating, sharing blocks, and taking on specific roles to complete the shared activity successfully.

(i) Identify the specific type of play the children are engaged in.

(ii) Describe the three earlier forms of play activities that children progressively adopt before reaching this advanced stage.

Ans :

(i) Co-operative play.

(ii) The three earlier forms of play activities are:

1. Solitary play is the earliest stage where the baby first engages in playing entirely on their own. The infant explores toys independently without seeking out interaction or involvement with any other children present in the room.
2. Parallel play occurs when the baby plays near other children using similar toys or objects, but does not actively interact with them. They enjoy the proximity of peers but maintain separate, independent play experiences.
3. Associative play involves children engaging in their own individual activities but beginning to interact with other children by exchanging toys or instructing others regarding how to complete a specific activity without shared goals.

118. Eight-year-old Rohan accidentally breaks a vase. When his friend suggests hiding the pieces, Rohan refuses, stating that he will be severely scolded by his mother if she finds out. He behaves simply to avoid being reprimanded.

(i) Identify the specific stage of moral development Rohan is currently in.

(ii) Explain the general characteristics of this broader moral level and the second stage that follows within it.

Ans :

(i) Obedience and punishment orientation (Stage I).

(ii) The characteristics of this level and its second stage include:

1. In the Pre-conventional level of moral development, a child has not adopted society's conventions. Instead, their sense of morality is based largely on the direct consequences of certain actions rather than internalized values.
2. In Stage I, the child's morality is based solely in terms of the consequences of their actions. Actions leading to rewards are judged as good, while those leading to punishment are considered bad and unacceptable.
3. In Stage II, known as Self-interest orientation, moral judgment is based on considerations of what others can do for them in return. The child does actions that put himself in a good position and bring external approval.

119. Sneha's parents are highly strict and utilize harsh punitive measures to discipline her. They frame rigid rules for every aspect of her life and do not allow her to have any "say" or express her opinions in family decisions.

(i) Identify the parenting style adopted by Sneha's parents.

(ii) Discuss three other parenting styles based on the dimensions of demandingness and responsiveness.

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Ans :

(i) Authoritarian parents.
(ii) The other three parenting styles are:
1. Authoritative parents are high in both demandingness and responsiveness. While they establish strict rules, they also allow children to have their own opinions and take a few decisions if they think them to be right.
2. Permissive parents are high in responsiveness but low in demandingness. They are warm and supportive, guiding their children to form opinions, but they do not set rigid rules or definite standards for their children's behavior.
3. Rejecting/neglecting parents are low in both responsiveness and demandingness. They are simply indifferent, completely uninvolved, and not at all bothered about what their children do, think, or feel on a daily basis.

120. Riya, a teenager, frequently consumes extremely large amounts of food rapidly when she feels anxious or sad. Overwhelmed by a lack of self-control, she later fasts for days and uses laxatives to purge her body, terrified of gaining weight.
(i) Name the specific eating disorder Riya is suffering from.
(ii) Explain three major characteristics or compensatory methods associated with this specific disorder.

Ans :

(i) Bulimia Nervosa.
(ii) The major characteristics and methods associated with this disorder are:
1. It is characterized by episodic, uncontrolled, large, and rapid intake of food, known as binge eating. This excessive intake generally occurs during intense feelings of negative emotions like sadness, anxiety, or anger.
2. The disorder is heavily associated with a distinct lack of self-control to resist eating excessive amounts of food, which later forces the individual into extreme guilt and desperate attempts to prevent weight gain.
3. Patients use various inappropriate and unhealthy compensatory methods to maintain body weight and shape. Common methods include self-induced vomiting, purging the body from within using laxatives, and fasting for a day or more.

121. A pediatrician actively records infant Aryan's physical changes, noting that he has gained 3 inches in height. Meanwhile, a child psychologist observes Aryan's emerging ability to understand language and express complex emotions.
(i) Explain the specific process being tracked by the pediatrician.
(ii) Explain the specific process being observed by the child psychologist.

Ans :

(i) The pediatrician is tracking the child's growth:
1. Growth refers specifically to structural and physiological changes that are purely quantitative. This includes measurable increases in physical dimensions such as height, weight, size, and shape of the body.
2. The process of growth has distinct limitations in terms of age. It implies that after a certain age in the lifespan, physical growth slows down significantly or completely stops in each human being.

(ii) The psychologist is observing the child's development:
1. Development is a broader, lifelong process that refers not only to physical changes but also to qualitative psychological changes, encompassing the gradual unfolding of emotions, language, and behavioral capabilities.
2. Unlike growth, development cannot be measured directly through physical dimensions. Instead, these progressive qualitative changes can only be inferred by observing the related behavioral milestones as the individual constantly interacts with the environment.

122. Amit has decided to join his family's law firm simply because his parents chose this path for him; he has never explored other career alternatives. Conversely, his friend Varun is trying out various internships and gathering information to figure out his true life goals.
Based on the concept of identity statuses, answer the following:
(i) Describe the specific identity status exhibited by Amit.

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(ii) Describe the specific identity status exhibited by Varun.

Ans :

(i) Amit exhibits the Identity foreclosure status:
1. Individuals in this stage are already committed to a particular goal without ever exploring or searching through various life alternatives. They lack personal exploration of different activities and identities.
2. They simply accept or choose a readymade identity that has been handed down or chosen by their authority figures, such as parents or sometimes teachers, bypassing the active identity searching phase entirely.

(ii) Varun exhibits the Identity moratorium status:
1. Individuals in this stage have not yet reached any definite commitments in terms of specific life goals. They are currently in the active process of exploring various alternatives and possibilities.
2. They are continuously gathering information and trying out various activities to eventually recognize or know the goals that will ultimately provide them with a cohesive sense of psychological well-being.

123. Nine-year-old Priya is able to mentally deduce that if a red stick is taller than a blue stick, and the blue stick is taller than a green stick, the red stick is the tallest. She is also capable of drawing an accurate route from her house to the park.

(i) Explain the specific cognitive ability Priya uses to mentally compare the sticks.

(ii) Explain the specific cognitive ability Priya uses to map her route.

Ans :

(i) Priya is using Transitive inference:
1. This is an advanced cognitive ability developed during the concrete operational stage, where a child can mentally seriate or arrange objects along a quantitative dimension without physically moving them.
2. It allows the child to logically deduce the relationship between multiple items mentally. For example, inferring that if stick A is taller than stick B, and B is taller than C, then A must be taller than C.

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(ii) Priya is using a Cognitive map for spatial understanding:
1. Children at the concrete operational stage develop a more accurate spatial understanding, meaning they can comprehend the complex concepts of space strictly in terms of distance and direction.
2. This allows them to mentally represent large-scale spaces and develop a cognitive map. Consequently, the student is able to accurately draw and read maps even when the map and actual space orientation do not match.

124. Karan, an adolescent, feels an intense desire to consume alcohol daily to induce metabolic changes. Over several months, he realizes that his body now requires much larger quantities of alcohol to feel the exact same initial effects.

(i) Explain the specific physiological condition Karan has developed by having a strong desire to consume alcohol daily.

(ii) Explain the phenomenon where he now requires larger quantities of the substance.

Ans :

(i) Karan has developed Physiological Dependence:
1. This condition occurs when a person has a strong, uncontrollable desire to have drugs or alcohol to induce certain necessary physiological changes, such as alterations in the body's metabolism.
2. Physiological dependence is also directly termed as addiction, and sudden stoppage of usage in this case will lead to severe physiological withdrawal symptoms like vomiting, muscle cramps, and seizures.

(ii) Karan is experiencing Tolerance:
1. Tolerance is a biological phenomenon that predictably develops as a direct result of the continued and uninterrupted use of drugs or alcohol over a long period of time.
2. It means the person's system adapts, requiring the individual to consume a significantly larger amount of the substance to produce the same physical and psychological effects previously achieved with smaller doses.

125. Fifteen-year-old Siddharth spends hours fixing his hair, convinced that everyone at school is constantly watching him and will notice if a single strand is out of place. Simultaneously, he believes no one else can possibly understand the unique, profound stress he experiences in life.
Discuss the two types of cognitive distortions Siddharth is experiencing during the formal operational stage.

Ans :

Siddharth is experiencing two cognitive distortions linked to adolescent abstract thinking:

1. Imaginary audience occurs when the adolescent imagines they are constantly on a stage and everybody is watching them. They feel they are the center of attention, leading to highly self-conscious behaviors to avoid embarrassment.
2. This distortion explains why Siddharth spends hours before the mirror inspecting every detail of his appearance, falsely believing his peers are as intensely observant of his looks as he is.
3. Personal fable is a distortion where the adolescent frames an inflated opinion of their own importance, believing their experiences, feelings, and stresses are completely unique and incomprehensible to anyone else.
4. Because of the personal fable, Siddharth feels nobody understands him, leading him to either feel he is reaching great heights of glory or sinking into despair, shielding his struggle to establish an independent identity.

126. In an observation room, baby Aarav ignores his mother completely when she leaves and shows no enthusiasm when she returns. In contrast, baby Diya stays close to her mother, cries intensely when she leaves, but angrily pushes her away when she tries to comfort her upon returning.
Illustrate the two different attachment styles demonstrated by the babies based on the Strange Situation Classification.

Ans :

The two babies demonstrate completely different responses to separation based on Ainsworth's classification:

1. Avoidant attachment is demonstrated by Aarav. Babies with this style explore environments independently and do not respond much to the parent, showing no distress when the parent leaves or enthusiasm when they return.
2. This avoidant style generally develops when the infant's attachment figures are consistently insensitive, rejecting, and unavailable during times of distress, leading the infant to avoid seeking comfort.
3. Ambivalent attachment is demonstrated by Diya. These babies stay close to the parent initially, but show opposing tendencies of both clinging and resistive behavior, displaying intense anger when the parent returns.
4. Babies with ambivalent attachment are not easily comforted and continue to cry even when picked up. This style typically develops when caregivers themselves are very inconsistent in meeting the babies' needs.

127. A sixteen-year-old boy from a distressed neighborhood has been caught repeatedly for vandalism and theft. He lacks internal control, faces intense peer pressure, and often spends time with an organized group that deliberately works to violate societal norms.
Explain any four factors related to family environment and social factors that may lead to such socially disapproved behaviors.

Ans :

Delinquent behaviors are heavily influenced by specific family and social environment factors:

1. Broken homes often act as a catalyst. Delinquents frequently belong to families with a single parent or step-parents, where unstable family situations and conflict make the child tense, aggressive, and violent.
2. Faulty parental attitude and rejection contribute significantly. A lack of parental warmth coupled with excessive rigidity and aggressiveness leads to the development of defiant and delinquent tendencies among their children.
3. Alienation and rebelliousness are major social factors. Teenagers often feel alienated from cultural values, and a lack of a strong belief system implies a lack of internal control over where to stop anti-social activities.
4. Activities in gangs heavily influence teenagers. Adolescents, particularly from lower economic strata, often join organized groups that deliberately work to violate social norms, pushed further into delinquent acts by peer pressure.

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128. Four-year-old Aisha insists that only boys can play with cars and girls must play with dolls. She acquired this belief after being praised by her parents for playing with dolls and consistently observing similar dressing and behavioral patterns in her immediate surroundings.
Discuss any four ways or theories explaining how children acquire such understanding of gender-related processes.

Ans :

Children acquire an understanding of gender and gender roles through multiple developmental pathways:

1. The social learning theory states that children acquire gender understanding by being appreciated or reinforced for displaying behaviors consistent with gender stereotypes, which increases their repetition of these specific stereotyped behaviors.
2. Observational learning plays a key role, as children tend to intimately observe and imitate the behavior, roles, and dressing patterns of their same-sex parent, perceiving a strong similarity to themselves.
3. The cognitive development theory explains that gender development follows proper cognitive maturation. Once children develop the "I-self," they form gender identity, gradually learning to categorize things and realizing their gender remains stable.
4. Gender Schema Theory proposes that children develop cognitive frameworks reflecting societal beliefs about male and female characteristics. These schemas strongly affect how they process gender-related issues and distinguish behaviors as masculine or feminine.

129. When water is poured from a short, broad glass into a tall, thin glass, 5-year-old Tara confidently claims the amount of water has increased. However, her 8-year-old brother Yash logically explains that the amount of water remains exactly the same.
Explain the four cognitive differences between the two children that lead to their respective conclusions.

Ans :

The two children exhibit different cognitive abilities based on their respective developmental stages:

1. Centration limits Tara's thinking. As a preoperational child, she focuses entirely on only one physical aspect of the situation, which is the tall length of the new glass, completely neglecting the breadth.
2. Irreversibility further hinders Tara. She is mentally unable to go through the steps of the pouring action and retrace them backward to realize the water level would be the same in the original glass.
3. Decentration enables Yash's logic. In the concrete operational stage, he is capable of focusing on more than one aspect of a situation, realizing that the change in height is compensated by the change in breadth.
4. Reversibility allows Yash to mentally go back and visualize the water being poured back into the short, broad glass, helping his judgments about cause and effect improve considerably to understand conservation.

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130. A professor explains that human development is not just about isolated milestones. Instead, a child's first spoken word relies entirely on prior language skills, and their innate traits constantly intertwine with parental care to shape their ultimate psychological growth.
Discuss any four principles regarding the context of development highlighted or implied in this lecture.

Ans :

The context of development follows several fundamental, underlying principles:

1. Development is a cumulative process, meaning development at each stage occurs depending on the prior stage. Any new development, like a first word, is simply an addition to already developed language skills.
2. Development is the product of interaction. A child inherits innate genetic traits, but constantly interacts with the environment, meaning hereditary factors and environmental factors interplay to heavily influence overall development.
3. Development is a continuous process that begins at conception and continues through each moment till death. While it is always in progress, it is not always smooth, sometimes being rapid and sometimes slowing down.
4. Development occurs by a spiral pattern. It does not occur at a steady pace in a straight line; instead, after a particular advancement,

the child moves back for a period of consolidation before advancing further.

131. Meera is a five-year-old girl whose parents frequently argue at home. Recently, her teacher noticed that Meera has become withdrawn in class and her academic performance is declining. The teacher decides to schedule a meeting with Meera's parents to understand the home situation better.

(i) Identify the specific layer of the ecological model that represents the interaction between Meera's parents and her teacher.

(ii) Discuss any three other environmental layers from the same theory that influence a child's development.

Ans :

(i) The layer representing the direct connection between Meera's parents and her teacher at school is the Mesosystem.

(ii) The other environmental layers influencing a child's development according to Bronfenbrenner are:

1. Microsystem involves structures with direct contact, such as family and school, where bidirectional influence occurs, meaning the child and parents continuously affect each other's beliefs and behaviours.
2. Exosystem includes environments that do not involve the child directly but affect them through a microsystem member, such as a parent's workplace schedule impacting their interaction with the child.
3. Macrosystem is the outermost layer constituting cultural values, customs, and laws that encompass all other systems, playing a significant role in shaping the overarching environment of the child's development.

132. Four-year-old Rohan is playing with his toys. He trips over a wooden block, falls, and immediately starts scolding the block for "hurting him on purpose." Later, when his mother pours the same amount of juice from his short, wide mug into a tall, thin glass, Rohan excitedly claims he now has more juice.

(i) Identify the cognitive stage Rohan is currently in according to the developmental theory indicated in the scenario.

(ii) Explain three characteristics of Rohan's thinking process as illustrated in the above situation.

Ans :

(i) Rohan is currently in the Preoperational stage of cognitive development.

(ii) The characteristics of Rohan's thinking process are:

1. Egocentrism prevents the child from accommodating their reasoning, leading to animistic thinking where inanimate objects, like the wooden block, are believed to possess human qualities, intentions, and feelings.
2. Centration occurs because the preoperational child is completely unable to conserve, focusing solely on one aspect of a situation, such as the height of the tall glass, while neglecting the breadth.
3. Irreversibility manifests as the child's absolute inability to mentally trace steps backward in the reverse direction, meaning Rohan cannot mentally pour the juice back to verify the quantity remains unchanged.

133. In a preschool playground, three-year-old Aarav is sitting in the sandbox building a castle by himself. Nearby, Sara and Kabir are playing with similar toy cars next to each other but are not talking or interacting. On the other side, a group of five-year-olds is actively playing 'house', assigning roles to each member and coordinating their actions.

(i) Identify the type of play Aarav is engaged in.

(ii) Explain the progression of social play activities as children grow, referencing the other play types observed in the playground.

Ans :

(i) Aarav is engaged in solitary play, where he plays entirely on his own.

(ii) The progression of social development through play activities generally unfolds in the following ways:

1. Parallel play emerges when a baby plays near other children using similar toys or objects but does not actively interact, exactly as Sara and Kabir are doing with their toy cars.
2. Associative play develops later, where children engage in their own individual

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activities but begin to interact with others by exchanging toys or gently instructing peers on how to perform an activity.

3. Co-operative play is an advanced activity adopted around three to six years, where children participate together, such as the older kids assigning roles and actively coordinating their complex 'house' game.

134. During an observation session at a clinic, a toddler named Tanya is left in a playroom. When her mother leaves the room, Tanya shows no signs of distress. When a stranger enters, Tanya ignores her. Upon her mother's return, Tanya does not show any enthusiasm and actively avoids clinging to her when picked up.

(i) Identify the specific attachment style displayed by Tanya in this situation.

(ii) Describe three characteristics of the contrasting attachment style where parents serve as a secure base for the child.

Ans :

(i) Tanya is displaying the avoidant attachment style.

(ii) The contrasting attachment style is secure attachment, which is characterised by the following behaviours:

1. Infants actively seek contact with their parent upon return and prefer the parent over a stranger for comfort, ensuring they are easily soothed by their primary caregiver when deeply upset.
2. The baby freely explores the new environment and plays with toys in the room, feeling completely confident that their designated attachment figure will adequately meet all their emotional requirements.
3. This secure bond develops successfully when caregivers are consistently sensitive and respond appropriately to the infant's needs, establishing an unwavering foundation of trust between the growing child and the parent.

135. Rahul, a high school senior, has never really thought about his future career and shows no interest in exploring his options. He actively avoids discussions about college. In contrast, his classmate Priya has already decided to become a lawyer simply because her parents and grandparents are lawyers, without ever considering any other professions.

(i) Identify the identity status of Priya according to the relevant psychological framework.

(ii) Explain the identity status exhibited by Rahul, and discuss two other advanced identity statuses he might transition into.

Ans :

(i) Priya exhibits the identity foreclosure status, having readily accepted a readymade identity chosen by her parents.

(ii) Rahul's current identity stage and the other potential advanced statuses involve the following characteristics:

1. Identity diffusion is seen in Rahul as he severely lacks clear direction, makes no commitments to a particular goal, and completely avoids the complex, threatening task of exploring various available alternatives.
2. Identity moratorium occurs when an individual is in the active process of exploring various alternatives, gathering critical information without definite commitments, and trying out different activities to ultimately recognise their desired goals.
3. Identity achievement is the final status where individuals deliberately explore different alternatives and formulate a self-chosen set of values, knowing the exact goal they must reach to attain psychological well-being.

136. Riya's parents are very warm and supportive, often letting her set her own curfew and study hours without any strict rules. Her friend Sneha, however, has parents who establish very strict rules and use punitive measures to discipline her, refusing to let her have a say in any family decisions.

(i) Discuss the parenting style experienced by Riya.

(ii) Discuss the parenting style experienced by Sneha.

Ans :

(i) Riya experiences an approach that lacks rigid standards or rules.

1. This represents the permissive parenting style, characterised by parents who are exceptionally high in responsiveness but

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very low in demandingness regarding their children's daily actions.
2. These warm and supportive parents act as guides, allowing their children the absolute freedom to form their own opinions and take decisions without imposing any strict disciplinary measures.

(ii) Sneha experiences a highly restrictive environment focused strictly on compliance.
1. This denotes the authoritarian parenting style, where parents display very high demandingness but extremely low responsiveness, completely disregarding the child's personal input or views.
2. These parents systematically enforce strict regulations and readily employ severe punitive measures to discipline the child, entirely preventing them from having a say in critical family decisions.

137. During a class debate on rule-breaking, Aman argues that running a red light is always wrong because it results in a traffic ticket and punishment. Conversely, Neha argues that breaking a rule might be acceptable if it is done to save a person's life, as human rights hold more value than rigid societal laws.
(i) Explain the level and stage of moral reasoning demonstrated by Aman.
(ii) Explain the level and stage of moral reasoning demonstrated by Neha.

Ans :

(i) Aman's reasoning reflects a basic understanding focused on direct consequences.
1. He is at the pre-conventional level, specifically the obedience and punishment orientation stage, where morality is judged solely based on the direct physical consequences of one's actions.
2. At this stage, actions leading to rewards are seen as good, while actions resulting in punishment are deemed highly unacceptable, prompting the child to blindly obey rules to avoid negative outcomes.

(ii) Neha's reasoning shows an advanced ethical perspective surpassing societal edicts.
1. She operates at the post-conventional level, reflecting the universal ethical principle orientation, where the individual formulates abstract ethical principles prioritizing respect, justice, and fundamental human equality.
2. At this ultimate level, she acknowledges that while rules maintain general social order, individual perspectives and the uncompromising protection of human rights take absolute precedence over rigid societal norms.

138. Ankit, a sixteen-year-old boy, has recently been caught shoplifting and vandalising public property. His school counsellor discovers that Ankit's parents recently went through a bitter divorce, leaving him feeling alienated. Furthermore, he has been spending time with a gang of older boys who frequently skip school and engage in aggressive behaviours.
Discuss four distinct factors contributing to deviant behaviours as illustrated in Ankit's case.

Ans :

Ankit's engagement in socially disapproved behaviours stems from multiple intersecting factors outlined below:
1. Broken homes significantly contribute to delinquency, as individuals experiencing parental divorce or living with a single parent often face highly unstable family situations that generate immense tension, aggression, and eventual violence.
2. Alienation and rebelliousness drive antisocial activities, where teenagers lacking a strong value system or internal control succumb to improper morality, often exacerbated by inappropriate parenting and a severe lack of empathy.
3. Undesirable peer groups heavily influence behaviour through intense peer pressure, causing male and female adolescents to actively participate in socially disapproved and rebellious activities they might otherwise avoid independently.
4. Activities in a gang involve organised group actions that deliberately work to violate established social norms, a phenomenon particularly common among vulnerable adolescents seeking identity or belonging in lower economic strata.

139. Simran, an eighteen-year-old, is extremely conscious of her body image. She often experiences episodes where she consumes large amounts of junk food uncontrollably when she

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feels sad or anxious. Following these episodes, she feels intense guilt and deliberately induces vomiting or takes laxatives to prevent any weight gain.
Elaborate on the specific psychological disorder Simran is suffering from and its key characteristics.

Ans :

Simran is suffering from Bulimia Nervosa, a severe eating disorder characterised by specific abnormal patterns.

1. The disorder involves episodic, uncontrolled, large, and rapid intake of food, known as binge eating, which generally occurs in direct response to negative emotions like profound sadness, anxiety, or immense anger.
2. This excessive food intake is heavily associated with a profound lack of self-control, making the distressed individual completely unable to resist consuming massive amounts of food during periods of emotional upheaval.
3. To fiercely prevent weight gain, patients adopt inappropriate and unhealthy compensatory methods, such as self-induced vomiting immediately after the intake of food, intensive purging, or utilizing laxatives to cleanse the body.
4. Psychological therapies, such as comprehensive cognitive behaviour therapy and standard behaviour therapy, are fundamentally required and actively employed by professionals to help the individual carefully overcome this physically damaging eating disorder.

140. Karan started consuming alcohol casually at parties, but over time, he felt a strong urge to drink every day. Recently, when he tried to stop drinking abruptly, he experienced severe nausea, muscle cramps, and extreme irritability. He realized that his body now requires much larger amounts of alcohol to feel the initial effects.
Describe the concepts related to the progression and cessation of such habits as highlighted in the given scenario.

Ans :

Karan's situation highlights critical stages of substance abuse, specifically dependence, withdrawal, and tolerance.

1. Physiological dependence occurs when an individual develops a strong desire to fiercely consume alcohol to induce specific physiological changes in metabolism, a compelling bodily condition that is commonly termed as true addiction.
2. Psychological dependence manifests as an exponentially increased, persistent desire to continue the use of the drug or alcohol even when the person absolutely does not require it physiologically to function normally.
3. Withdrawal symptoms emerge upon sudden stoppage, presenting as physical effects like terrible nausea, muscle cramps, and excessive sweating, alongside psychological effects like profound uneasiness, intense irritation, and significantly reduced concentration.
4. Tolerance inevitably develops after the continued use of alcohol over a long period, meaning the individual fundamentally requires increasingly larger amounts of the substance to produce the exact same physical and mental effects.

141. Read the conversation below and answer the questions that follow:
Mr. Sharma: "Rajesh, your son has been very stressed lately. Is something bothering him?"
Rajesh: "Sir, he is adjusting to a new school. His daily interactions with his new teachers are directly impacting his mood."
Mr. Sharma: "That is understandable. A child's immediate environment shapes them deeply."
Rajesh: "Additionally, my frequent night shifts here at the factory are leaving me with no time to interact with him."
Mr. Sharma: "I see. On top of that, the new national education policy has changed the curriculum entirely, which affects all students."
Rajesh: "Yes, these broader legal shifts and my work schedule are heavily influencing his overall development right now."

(i) Identify the theory of development and its proponent that explains the environmental context of the child's development.
(ii) Describe the three environmental layers influencing the child's development as evident in the conversation.

Ans :

(i) Urie Bronfenbrenner's Ecological Systems Theory explains this.
(ii) The ecological systems theory proposes that development is directed by the interaction between the child and their environment:

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1. Microsystem: The child's direct contact with the school and teachers constitutes the microsystem. It is the closest layer to the child, characterised by bidirectional influence, where the child is affected by the environment but also influences it in return.
2. Exosystem: This layer does not involve the child directly but involves members of their microsystem. Rajesh's factory night shifts represent the exosystem, as the parent's work schedule affects his interaction with his son, thereby indirectly impacting the child's psychological development.
3. Macrosystem: This is the outermost layer of the child's environment, encompassing broader societal elements like cultural values, customs, and laws. The new national education policy operates at this level, playing a significant role in influencing the child's overall educational and developmental context.

142. Read the conversation below and answer the questions that follow:

Arjun: "Have you decided which college course you want to take next year?"

Kabir: "I am going to join my father's business and take up a commerce degree because he told me to do so."

Arjun: "Did you not look into any other options or explore what you actually like?"

Kabir: "No, I just accepted what my parents chose for me without searching for any alternatives."

Arjun: "I am still trying out different internships to figure out my own goals before I commit to anything."

(i) Identify the specific identity status demonstrated by Kabir according to James Marcia's theory.

(ii) Explain the identified identity status and describe any two other identity statuses proposed by James Marcia.

Ans :

(i) Kabir demonstrates the identity foreclosure status according to James Marcia.

(ii) The identity statuses represent stages in developing a distinct identity during adolescence:

1. Identity foreclosure: In this status, individuals are completely committed to a particular goal without exploring various alternatives. They just accept a readymade identity chosen by their authority figures, like Kabir accepting his father's commerce business choice without any personal exploration.
2. Identity diffusion: These individuals are not committed to a particular goal and critically lack any clear direction. They never attempt to reach any goal through exploring different alternatives, as they view the task of identity searching as threatening and complex.
3. Identity moratorium: These individuals have not yet reached any definite commitments in terms of goals. They are actively in the process of exploring alternatives, gathering information, and trying out various activities to ultimately know the goals that provide psychological well-being.

143. Read the conversation below and answer the questions that follow:

Dr. Verma: "Ravi, what exactly happens when you try to stop drinking alcohol abruptly?"

Ravi: "My body reacts terribly, Doctor. I get severe muscle cramps, nausea, and my hands start shaking uncontrollably."

Dr. Verma: "And how do you feel in your mind when you cannot access it?"

Ravi: "I feel an intense, overwhelming desire to drink even when my body doesn't actually need it. I just cannot concentrate and feel extremely irritated."

Dr. Verma: "It seems your continuous usage has altered both your physical state and your mental stability."

(i) Based on the dialogue, identify and explain the two types of dependence Ravi has developed.

(ii) Explain any two psychological effects of substance abuse that adolescents generally exhibit.

Ans :

(i) Based on the dialogue, Ravi has developed two specific types of substance dependence:

1. Physiological Dependence: The client has a strong desire to consume alcohol to induce physiological changes, causing his metabolism to adapt. Sudden stoppage leads to severe physical withdrawal symptoms, such as muscle

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reverse direction. For example, the child is unable to mentally go back to see that a water level remains the same when poured back into the original glass.

148. "Attachment involves the balance between the babies' needs to be near the caregivers and their willingness to explore new situations." — John Bowlby

During a psychological assessment, baby Kabir is placed in an unfamiliar room. He does not explore the environment and stays very close to his mother. When his mother returns after briefly leaving the room, Kabir shows anger, resistive behaviour, and continues to cry even when picked up.

(i) Identify the attachment style shown by Kabir and state the primary cause for its development.

(ii) Describe the behavioural characteristics of the other two main attachment styles identified by Mary Ainsworth.

Ans :

(i) Kabir displays ambivalent attachment. The details of this style are:

1. Identification: Kabir exhibits ambivalent attachment, characterised by opposing tendencies of clinging to and resisting the parent. Babies with this style strictly avoid exploring the environment, stay extremely close to the parent, and display marked anger upon the parent's return.
2. Cause: This specific attachment style generally develops when the primary caregivers are very inconsistent in meeting the babies' needs, making the infants feel insecure and preventing them from being easily comforted even when picked up by the parent.

(ii) The characteristics of the other two main attachment styles are:

1. Secure attachment: Babies actively seek contact with the parent upon return and are easily soothed. They freely explore new environments, confidently feeling that their attachment figure will sensitively and appropriately meet their exact needs during any times of distress.
2. Avoidant attachment: Babies explore environments completely independently and do not show any distress when the parent leaves. They show no enthusiasm when the parent returns and do not cling, developing this style when attachment figures are rejecting and unavailable.

149. "Identity development is a process of assimilating and integrating new inputs, where adolescents often experience a period of distress while exploring different alternatives." — Erik Erikson

Adolescents exposed to various inputs may shift between different categories in search of their distinct identity. Discuss the four identity statuses that explain this process of identity formation.

Ans :

James Marcia propounded the following four identity statuses that depict how adolescents develop a distinct identity:

1. Identity diffusion: These individuals are not committed to a particular goal and lack clear direction. They never try to reach any goal through exploring different alternatives, finding the entire task of identity searching to be highly threatening, confusing, and complex.
2. Identity foreclosure: These individuals are securely committed to a particular goal but without exploring or searching various alternatives. They simply accept or choose a readymade identity that is generally chosen by their authority figures, like parents or sometimes their teachers.
3. Identity moratorium: These individuals have not yet reached any definite commitments regarding their goals. Instead, they are actively in the process of exploring various alternatives, gathering information, and trying out different activities to recognise goals that will give them psychological well-being.
4. Identity achievement: After actively exploring different alternatives, these individuals have successfully formulated a set of self-chosen values and goals. They feel a strong sense of well-being and clearly know the specific goal they have to reach in their life.

150. "Through formation of friendship, children expand their emotional and social skills, which facilitate them to acquire the skills needed for forming close and lasting relationships." — Newcomb and Bagwell

Peer relationships become structured during early years, but friendships develop specific

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enthusiasm or desire to cling to the parent when they return.

3. Ambivalent attachment: The baby stays close to the parent and does not explore. They show immense anger and resistive behaviour when the parent returns, displaying opposing tendencies of both clinging and resisting, and cannot be easily comforted.
4. Disorganised or disoriented attachment: The baby displays maximum insecurity and confused or contradictory behaviour. For instance, they may run up to the parent but immediately resist being picked up, often looking away or showing clear signs of distress and fear.

146. "A child's development is directed and controlled by the interaction between biological maturity and the environmental context with respect to societal and cultural norms." — Urie Bronfenbrenner

Ayaan's parents have a highly demanding and stressful work schedule. This work pressure often affects how they interact with him at home, making them impatient. Over time, Ayaan has become emotionally withdrawn.

(i) Identify the layer of Bronfenbrenner's ecological systems theory represented by the parents' work schedule in this scenario.

(ii) Explain any three other layers of this ecological systems theory that influence a child's development.

Ans :

(i) The layer represented by the parents' workplace schedule in this scenario is the Exosystem.

(ii) The other layers of the ecological systems theory that influence a child's development are as follows:

1. Microsystem: This layer constitutes structures with which the child has direct contact, such as family, school, and neighbourhood. It represents the closest layer to the child and exerts a bidirectional influence, meaning the child and parents mutually affect each other's beliefs and behaviour.
2. Mesosystem: This layer comprises the interconnection between the various structures of the child's microsystem. For instance, the connection between a child's parents and his teachers at school makes up his mesosystem, which can significantly influence the child by directly affecting his immediate microsystem.
3. Macrosystem: This outermost layer constitutes cultural values, customs, and laws that have an overarching effect on all the systems around the child. Although it is the outermost layer of the environment, it plays a highly significant role in shaping the child's overall developmental process.

147. "Children are quite active in building psychological structures. They choose and interpret experiences according to their present structures." — Jean Piaget

Four-year-old Meera is playing in the garden. When the sky suddenly becomes dark and it starts raining, she runs inside and tells her mother, "The cloud is crying because the sun scolded it!"

(i) Identify the specific type of thinking exhibited by Meera in the given scenario.

(ii) Explain any three other major cognitive developments observed in children during this stage.

Ans :

(i) Meera is exhibiting animistic thinking, which is a result of the egocentric bent of mind found in the preoperational stage.

(ii) The other major cognitive developments observed during the preoperational stage of development are:

1. Symbolic play: Children recreate experiences by pretending that one object is another, like considering a block as a car. This form of play gradually involves decentration, where actions are directed at others, decontextualization, and eventually complex sociodramatic play involving making arrangements for elaborate tea parties.
2. Centration: The preoperational child is unable to conserve, meaning they cannot understand that physical characteristics remain unchanged despite outward appearance changes. They focus on only one aspect of a situation, such as the length of a glass, while completely neglecting other aspects like breadth.
3. Irreversibility: The preoperational child mentally cannot go through certain steps and then retrace those steps back in the

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words. Additionally, their cognitive development is expressed through drawings, transitioning from simple scribbles to more realistic depictions of human figures, animals, or nature.

158. Study the exchange given below and respond to the questions:
A group of primary school teachers are discussing the social development of their students.
Teacher A says, "I have noticed that the younger children are just beginning to understand their own identities as boys or girls and whether that will change over time."
Teacher B replies, "Yes, and the older children are forming deep bonds with their peers. They are developing social skills through these close, lasting relationships."
(i) Referring to Teacher A's observation, explain the three distinct processes involved in a child's growing awareness of gender.
(ii) Based on Teacher B's observation, describe the four specific characteristics of children's friendships identified by researchers Newcomb and Bagwell.

Ans :

(i) The development of gender awareness in children involves three distinct sequential processes:
1. Gender identity: Around the age of two years, children gradually begin to understand that there are two categories of people, male and female. This marks the initial phase where they are successfully able to label themselves as either a boy or a girl.
2. Gender stability: Around four years of age, children start to comprehend that gender remains stable over time. For example, a young boy develops the concrete understanding that he will continuously remain a boy for the entire duration of his life.
3. Gender consistency: Developing around six or seven years, this entails the understanding that a person's gender remains strictly constant, even if the behaviour, dress, or hairstyles typically associated with the opposite gender are adopted by that individual in various situations.

(ii) Newcomb and Bagwell (1995) identified the following four major characteristics in children's friendships:
1. Friends develop significantly stronger emotional ties and deeper emotional bonds to each other compared to their relationships with other peers, allowing them to experience intense feelings of attachment, mutual understanding, and psychological support outside their immediate family circle.
2. Friends actively cooperate and enthusiastically help each other much more frequently than they do with non-friends. This cooperative behaviour facilitates a supportive environment where children can seamlessly work together, share resources, and effectively navigate various interpersonal interactions and challenges.
3. Since children judge themselves and their friends as equals, their friendships are significantly less competitive. Consequently, they do not attempt to dominate each other, which fosters a balanced, harmonious relationship built on mutual respect and shared decision-making processes.
4. Friends are generally more similar to each other in thoughts and behaviors. Within these relationships, they consistently express higher levels of mutual liking, physical closeness, and unwavering loyalty, which further consolidates their strong interpersonal connections during middle childhood.

159. Analyse the dialogue and answer:
Social Worker: "We are seeing an increase in socially disapproved behaviours among teenagers, ranging from truancy to severe property destruction. These juveniles are violating society's rules."
Psychologist: "Indeed. While family environment plays a role, we must also look closely at the individual traits driving this. Some have an inability to delay gratification, while others struggle with severe emotional upheavals or underlying cognitive deficits."
(i) Identify the specific term used to describe the socially disapproved behaviours carried out by these teenagers.
(ii) State the precise age range associated with

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characteristics during childhood. Describe the four main characteristics of children's friendships identified by researchers.

Ans :

According to Newcomb and Bagwell, the four primary characteristics identified in children's friendships are:

1. Stronger emotional ties: Friends develop much stronger emotional ties to each other compared to their relationships with other peers. This intense emotional bond provides them with a sense of security, companionship, and significantly aids in their overall emotional development.
2. Cooperation and help: Friends cooperate and mutually help each other much more than they do with other children. This cooperative behaviour facilitates the development of crucial interpersonal skills, helping them understand that others may have thoughts quite different from their own.
3. Equality and lack of dominance: Since friends judge themselves as equal, they are generally less competitive with one another. They also do not attempt to dominate each other, which fosters a highly healthy environment for developing lasting and supportive social relationships.
4. Similarity and mutual liking: Friends are typically more similar to each other in terms of interests and behaviours. Consequently, they express a higher degree of mutual liking, closeness, and loyalty, which often leads them to play a protective role against bullies.

EIGHT MARKS QUESTIONS

151. A teenager, Aarav, is heavily influenced by his immediate family and school, but his developmental trajectory is equally impacted by his parents' demanding workplace schedules, the cultural values of his society, and major timeline events like a recent global pandemic.

(i) Identify the theory that best explains the multiple layers of environmental influence on Aarav's development.

(ii) Discuss the different layers of the environment that affect an individual's development according to this theory.

Ans :

(i) The theory that best explains these layers is Urie Bronfenbrenner's Ecological Systems Theory (or bioecological systems theory).

(ii) According to Bronfenbrenner's bioecological systems theory, the child's development is guided by an interaction between biological maturity and environmental contexts. The different layers of the environment are:

1. The microsystem consists of the family, school, and immediate neighbourhood structures with which the child has direct contact. It represents a bidirectional influence, where the child's behaviour directly affects the parents, and parental beliefs equally impact the child's overall progressive development.
2. The mesosystem essentially constitutes the vital interconnections between the various independent structures of the child's microsystem. For example, the direct connection between a child's parents and their school teachers strongly forms the mesosystem, which significantly influences the child's ongoing development.
3. The exosystem does not involve the child directly but includes crucial members of their microsystem. A parent's highly demanding workplace schedule constitutes the exosystem, as it heavily affects the child's daily interaction with the parent and alters their fundamental developmental environment.
4. The macrosystem functions as the outermost defining layer of the child's immediate environment, primarily encompassing broader cultural values, societal customs, and governing laws. It has a highly significant role to play in subtly directing and shaping the developing child's overarching experiences.
5. The chronosystem deliberately encompasses the critical dimension of time in relation to the rapidly growing child's overall environment. Major timeline events, such as the exact time of a parent's sudden death or the onset of puberty, make up the ultimate chronosystem.

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cramps, nausea, uncontrollable shaking, and excessive sweating.

2. Psychological Dependence: This refers to an increased desire to continue the use of the drug or alcohol even when the person does not need it physiologically. It manifests as a state of constant uneasiness, severe irritation, and a notably reduced capacity to concentrate.

(ii) The psychological effects of substance abuse generally include:

1. Mood lability: Adolescents experience frequent mood fluctuations and heightened emotional states, making it difficult for them to handle social or emotional challenges appropriately without relying on the substance.
2. Cognitive impairment: Substance abuse causes lowered functioning of the brain, leading to abnormal perceptions, impaired communication skills, and irrational thinking that severely affects their overall judgment.

144. Read the conversation below and answer the questions that follow:

Sunita: "Megha, you spend so much time with your classmate Neha nowadays."

Megha: "Yes, Ma. We really like each other and feel a very strong emotional bond."

Sunita: "I noticed you both helped each other with the science project yesterday instead of competing for the top grade."

Megha: "We always cooperate because we treat each other as equals and never try to dominate one another."

Sunita: "It is wonderful to see how similar you both are in your choices and how loyal you are to one another."

Discuss any four characteristics of children's friendships as identified by Newcomb and Bagwell, with reference to the conversation.

Ans :

According to Newcomb and Bagwell (1995), friendships among children give them the opportunity to develop interpersonal skills through the following characteristics:

1. Friends tend to have significantly stronger emotional ties to each other compared to normal peers. This allows the children to experience intense, supportive emotional bonds that facilitate a deep sense of mutual closeness and genuine affection.
2. Friends consistently cooperate and help each other much more than they do with other individuals. Instead of engaging in conflict, they work together effectively, which helps in identifying skills and resolving any disagreements through open discussion.
3. Since friends judge themselves as equal, they are far less competitive with one another. This equality ensures that they do not try to dominate each other, creating a balanced and healthy peer relationship during their childhood years.
4. Friends are generally more similar to each other in their preferences and behaviours. Because of this similarity, they express higher levels of mutual liking, closeness, and steadfast loyalty, and they may even protect their friends from being bullied.

145. Read the conversation below and answer the questions that follow:

Mrs. Iyer: "Whenever I leave my daughter at the daycare, she doesn't seem to care and explores the toys independently."

Mrs. Singh: "Really? My son clings to me and cries fiercely. When I return, he acts confused, running to me but then immediately pushing me away."

Mrs. Iyer: "My daughter shows no distress when I leave and zero enthusiasm when I come back to pick her up."

Mrs. Singh: "It's so different from my nephew. He cries when his mother leaves but is easily soothed the moment she returns."

Mrs. Iyer: "Toddlers certainly have very distinct ways of connecting with their caregivers."

Based on the observations shared in the dialogue, describe the four attachment styles identified by Mary Ainsworth and later researchers.

Ans :

Based on Ainsworth's Strange Situation Classification and subsequent research, the four distinct attachment styles observed in babies are:

1. Secure attachment: Parents act as a secure base. The baby may or may not cry upon separation, but actively seeks contact and is easily soothed by the caregiver upon their return, feeling confident that their needs will be met.
2. Avoidant attachment: The baby does not respond much to the parent and explores independently. They show no distress when the parent leaves and exhibit absolutely no

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and actively attempts to comfort the infant if they become upset.

3. The parent subsequently returns to greet and comfort the baby while the stranger departs. Following another brief period where the infant is completely alone, the parent finally returns to engage the child.

(ii) Based on the babies' unique response patterns to separation and reunion, the four distinct attachment styles identified are:

1. Secure attachment occurs when parents serve as a secure base. Babies actively seek contact upon the parent's return, are easily soothed by their caregivers when upset, and feel completely confident to freely explore the new environment and available toys.
2. Ambivalent attachment features babies who refuse to explore the environment and stay close to the parent. They show opposing tendencies of clinging and resisting, display intense anger upon the parent's return, and remain incredibly difficult to comfort when picked up.
3. Avoidant attachment involves babies who explore the environment independently and do not show any distress when the parent leaves. They lack enthusiasm when the parent returns, remain entirely unresponsive to strangers, and do not cling tightly when finally picked up.
4. Disorganised attachment represents maximum insecurity where babies display highly confused or contradictory behaviours. They might quickly run up to the parent but then immediately resist being picked up, or they may look away and show intense signs of fear.

154. Rahul, a teenager, has started skipping school habitually, maliciously destroying public property in his neighbourhood, and getting involved in violent street fights. The school counsellor notes that his erratic behaviour violates societal rules and requires immediate corrective action.

(i) Identify the exact term used to describe the socially disapproved behaviours carried out by teenagers like Rahul.

(ii) State the specific term for the deliberate destruction of public or private property.

(iii) Discuss five personal factors that may result in such socially disapproved behaviours among adolescents.

Ans :

(i) The exact term used to describe the socially disapproved behaviours carried out by children and teenagers between the ages of 7 to 18 years is delinquency.

(ii) The specific term used for the criminal and socially disapproved act of deliberately destroying or damaging public or private property is vandalism.

(iii) Several distinct personal factors can result in delinquent and socially disapproved behaviours among adolescents. These specific factors include:

1. Brain damage coupled with a lesser degree of mental retardation in a few cases leads to impulsive and delinquent activities. Such severe physiological defects significantly hinder the teenager's ability to maintain self-control, inevitably driving them toward violent or socially unacceptable behaviours.
2. Dissatisfied needs heavily contribute to delinquency when an individual constantly fails to fulfill their requirements due to a lack of competencies or socio-economic barriers. Consequently, they attempt to violently meet their demands by habitually indulging in various delinquent acts.
3. Immediate satisfaction of needs describes the inherent desire of some individuals to quickly achieve their goals in the easiest possible way. They intentionally avoid painful or difficult paths, choosing instead to engage in delinquent acts to instantly meet their desires.
4. Psychopathic personality traits are frequently found in a number of severe delinquents. These dangerous antisocial characteristics prominently include extreme impulsivity, open defiance, deep resentfulness, a complete lack of guilt feelings, and a troubling absence of any internal moral conscience.
5. Personal stress makes the tumultuous period of adolescence a time of marked emotional upheaval. Intense emotional disturbances regarding newly developed relationships, severe academic pressures, or regular tussles with parents push

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6. The biological system clearly notes that a child's physiological attributes act as their primary core environment. Development is continually directed and controlled by the complex interaction between the child's biological maturity, surrounding family environment, community influences, and established cultural norms.

152. Five-year-old Kavya gets very upset when her juice is poured from a short, wide glass into a tall, thin glass, vehemently claiming that her brother now has "more" juice. She also firmly believes that the clouds are crying when it rains and focuses entirely on her own viewpoint during play.

(i) Based on the developmental stage Kavya is currently in, explain the reason behind her belief that the tall glass contains more juice.

(ii) Describe five major cognitive characteristics or limitations typically observed in children during this stage of development.

Ans :

(i) Kavya is currently in the preoperational stage of cognitive development and clearly displays centration. This means she is entirely unable to conserve, focusing on only one aspect of the situation while completely neglecting the breadth of the glass base.

(ii) According to Jean Piaget's cognitive theory, the major cognitive characteristics and limitations typically observed in children during the preoperational stage are as follows:

1. Symbolic play indicates the development of mental representation, where children consistently pretend that one object is another. This flexibility in imagining objects progresses through distinct stages of decentration, decontextualization, and complex integration during highly elaborate sociodramatic play arrangements like organizing intricate tea parties.
2. Egocentrism refers to the strong tendency found in preoperational children to focus entirely on their own viewpoints while ignoring others' perspectives. This cognitive bent results in animistic thinking, where children irrationally attribute human thoughts, feelings, and intentions to inanimate objects.
3. Centration highlights that the preoperational child remains unable to properly conserve. They fail to understand that physical characteristics remain unchanged despite outward appearance alterations, purely because they focus on one single aspect of a situation while completely neglecting all others.
4. Irreversibility demonstrates that the young child mentally cannot go through certain procedural steps and then retrace those exact same steps backward in the reverse direction. They continually fail to mentally return to the original starting point to understand equivalent quantities.
5. Hierarchical classification remains completely underdeveloped, meaning children at this cognitive stage cannot effectively categorize various objects into broader general categories and specific subcategories. They struggle immensely to group items accurately based on their fundamental similarities and observable structural differences.

153. A child psychologist is clinically assessing how different infants react to being separated from their primary caregivers in an unfamiliar room. The psychologist utilizes a highly structured observational technique to accurately determine the exact nature of their emotional bonds.

(i) Describe the specific procedure of the classification technique used to study these emotional bonds in babies.

(ii) Explain the four different response patterns or styles identified through this observational technique.

Ans :

(i) Mary Ainsworth developed the Strange Situation Classification to assess attachment. The precise procedure involves the following structured steps:

1. The parent and the baby are initially taken to an unfamiliar room by the experimenter, who then leaves. The room contains several toys, allowing the parent to sit quietly while the baby freely explores.
2. A stranger enters the room, talks to the parent, and then the parent leaves. The stranger remains alone with the baby

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inheritance passed down from both parents to their offspring.

2. Anatomical traits: Research indicates identical twins are consistently more alike than non-identical twins. Structural malformations, like cleft palate or club foot, and other functional abnormalities have a significantly greater chance of occurring in identical twins due to shared genetics.
3. Physiological traits: Comparative studies on physiological measures reveal strong genetic links. Neurological and physiological functions, such as the individual's breathing rate, salivation, and pulse rate, demonstrate that twins are consistently more closely related than unrelated siblings, showing clear hereditary influence.
4. Physical defects and diseases: Certain medical conditions and diseases occur primarily due to hereditary causes rather than random chance. These encompass visual and hearing defects, haemophilia, various allergies, high blood pressure, stomach ulcers, specific cancers, and susceptibility to tuberculosis.
5. Intellectual functioning and backwardness: Both exceptional intellect and major intellectual deficiencies can result from hereditary factors. Medical conditions characterised by sub-normal mental functions, such as phenylketonuria, hydrocephalus, or mongolism, are directly caused by underlying genetic defects transmitted to children.
6. Personality: While the environment plays a crucial role in shaping a person, an individual's personality is also partially caused by heredity. This genetic influence is especially evident in the degree of a person's natural socialisation and their inherent emotional expressiveness.

157. Examine the following interaction and answer the questions:

Four-year-old Aarav is playing with a cardboard box, pretending it is a fast-moving train. Later, his mother pours his juice from a short, wide mug into a tall, narrow glass. Aarav becomes very happy, stating that he now has "much more juice" because the glass is taller, completely ignoring how narrow it is.

(i) Identify the specific developmental stage Aarav is currently in, according to cognitive development theories. Support your identification with the relevant age range.

(ii) Based on the given theory, describe five major cognitive developments or characteristics typical of a child in this stage.

Ans :

(i) Aarav is in the preoperational stage of cognitive development, as proposed by Jean Piaget. This stage is characterised by a rapid increase in mental representation and typically ranges between 2 to 7 years of age.

(ii) The major cognitive developments and characteristics observed in a child during this specific stage are as follows:

1. Symbolic play: Children show flexibility in imagining objects and events, pretending that one object represents another. This progresses from self-centred actions to decentration, where actions are directed at others, and eventually to complex sociodramatic play involving elaborate arrangements.
2. Egocentrism: This is the strong tendency in children to focus exclusively on their own viewpoints while completely ignoring others' perspectives. It often results in animistic thinking, where children believe that inanimate objects possess human qualities, feelings, wishes, and intentions.
3. Centration: The child is entirely unable to conserve, meaning they cannot understand that an object's physical characteristics remain unchanged despite outward appearance alterations. They narrowly focus on just one aspect of a situation while neglecting all other relevant aspects.
4. Irreversibility: Children at this stage demonstrate a cognitive inability to mentally go through a series of steps and then trace those exact steps back in the reverse direction, as they cannot reverse operations in their mind to understand original states.
5. Internal images and Drawings: Sensorimotor activities result in experiences stored as internal images, which children explain using

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teens toward destructive delinquent acts like intoxication and violence.

155. During a classroom discussion on a famous moral dilemma, Sameer argues that a man should not steal medicine to save his dying wife because stealing is against the law, and maintaining functional societal rules is absolutely essential. He believes laws must be rigidly followed by everyone at all times.

(i) Identify the specific stage of moral development demonstrated by Sameer's reasoning.

(ii) Explain the core characteristic of the broader level of moral development to which this stage belongs.

(iii) Discuss the four subsequent or different stages of moral development as outlined in the same theory, excluding the stage identified in (i) and the initial obedience orientation stage.

Ans :

(i) The specific stage of moral development demonstrated by Sameer's rigid legal reasoning is Stage IV, which is known as the Social order-maintaining orientation.

(ii) Sameer is at the Conventional level of moral development. At this level, individuals become fully aware of society's rules and norms, and their moral judgment is primarily based on strictly conforming to these established societal laws and systemic norms. They deeply consider law and order as the ultimate essence of true morality which remains absolutely essential in maintaining a highly functional and stable society.

(iii) According to Kohlberg's theory of moral development, the four other sequential stages of moral reasoning, excluding Obedience and Social order-maintaining orientations, are:

1. Self interest orientation (Stage II) dictates that a child's moral judgment is based solely on personal interest and practical considerations of what others can do for them in return. The child performs specific actions purely to put himself in a favourable, rewarding social position.
2. Good boy-good girl orientation (Stage III) emerges when an individual strictly conforms to social norms to secure society's approval. Morality sets in with the intense personal desire to gain affection by being universally recognized as a trustworthy, loyal, and highly respectful person.
3. Social contract orientation (Stage V) occurs when individuals no longer consider society's rules as rigid edicts but rather as flexible social contracts. They critically examine different laws and strategically adapt those ethical norms which are mutually beneficial for themselves and surrounding people.
4. Universal ethical principle orientation (Stage VI) represents the most advanced stage of moral development. The individual deeply considers universal principles of respect, justice, and equality, formulating abstract ethical principles that guide their personal actions completely regardless of existing societal laws and local norms.

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156. Based on the conversation below, respond to the following:

Two parents, Rohan and Meera, are looking at their newborn son.

Rohan says, "He has my curly hair and your eye colour, but I wonder if his risk for high blood pressure or his future intelligence will also be passed down from us, just like his physical looks."

Meera replies, "I read that many different traits are transmitted biologically from parents to offspring, making each child unique."

(i) Identify the exact biological mechanism through which Rohan and Meera's traits are passed to their son.

(ii) Explain any six features or traits of development that are confirmed to be influenced by this mechanism, as discussed by the parents.

Ans :

(i) Heredity (or genetic transmission) is the biological mechanism through which characteristics and personality traits are passed from parents to offspring.

(ii) The influence of heredity on an individual's development is confirmed in several specific features and traits:

1. Physical features: Physical features including the exact colour, texture, and type of a person's skin and hair, alongside their overall height, weight, and general structural shape, are definitively determined by the genetic

the individuals engaging in these specific behaviours.

(iii) Explain five personal factors that may result in such behaviours, as hinted at by the psychologist.

Ans :

(i) The term used to describe these socially disapproved and rule-violating behaviours is delinquency (or juvenile crimes).

(ii) These delinquent behaviours are typically carried out by children falling within the specific age range of 7 to 18 years.

(iii) Several personal factors can push an adolescent towards engaging in delinquent activities, which include:

1. Immediate satisfaction of needs: Some individuals possess an inherent nature to satisfy their needs immediately. By seeking the easiest path and avoiding difficult routes to meet their desired goals, these individuals frequently engage in impulsive, rule-breaking delinquent acts.
2. Dissatisfied needs: Delinquency can be the direct consequence of deeply dissatisfied needs. When an individual fails to fulfil their requirements due to a lack of competencies or socio-economic barriers, they may attempt to meet these demands by indulging in delinquent acts.
3. Brain damage: In certain clinical cases, it has been found that underlying brain damage, especially when coupled with a lesser degree of mental retardation, significantly impairs judgmesional upheaval, stress, and storm. Extreme tension regarding special friendships, academic pressures, or regular tussles and differences of opinion with parents can push emotionally disturbed teenagers towards delinquent acts like violence.

160. Read the conversation below and answer the questions that follow:

Karan, a high school senior, feels overwhelmed. "Everyone is asking what I want to do with my life. I haven't explored any options yet, and honestly, the thought of committing to a career path terrifies me. I just want to avoid the topic entirely."

His friend, Priya, replies, "I understand. I haven't made a final choice either, but I am actively researching different courses, talking to professionals, and trying to figure out what aligns with my values."

(i) Identify the fundamental organising principle that both Karan and Priya are struggling to develop during this stage of their lives.

(ii) Based on Erik Erikson's psychosocial theory, explain the specific conflict these individuals are facing and the potential consequence if they fail to resolve it.

(iii) Describe the four statuses of developing this principle, as propounded by James Marcia.

Ans :

(i) Both teenagers are struggling with identity formation, which is the fundamental organising principle that develops constantly throughout an individual's life.

(ii) According to Erikson, adolescents experience the conflict of identity versus role confusion. Failing to resolve this leads to role confusion, causing low self-esteem, constant disappointment, and significant difficulty in maintaining commitments.

(iii) James Marcia propounded the concept of four identity statuses that adolescents move between during this stage:

1. Identity diffusion: Individuals in this status are not committed to any particular goal and severely lack clear direction. They actively avoid exploring different alternatives because they find the complex task of searching for their identity to be highly threatening and intimidating.
2. Identity foreclosure: These individuals are firmly committed to a particular goal without ever exploring or searching through various alternatives. They simply accept and adopt a readymade identity that has been explicitly chosen for them by authority figures, such as their parents.
3. Identity moratorium: Individuals here have not yet reached any definite commitments regarding their goals. They are actively in the crucial process of exploring various alternatives, gathering vital information, and trying out different activities to recognise goals that offer psychological well-being.

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CHAPTER 04

Stress and Stress Management

MULTIPLE CHOICE QUESTION

1. Rohit has a major presentation to deliver to the board of directors. Instead of worrying about failing, he views the event as a rare opportunity to secure a promotion and prepares for it enthusiastically.
Identify how Rohit is evaluating his situation based on the initial stage of the psychological model of evaluating environmental demands.
(a) He perceives the demand as a harmful situation.
(b) He perceives the demand as a threatening situation.
(c) He perceives the demand as a challenging situation.
(d) He perceives the demand as a harmless situation.

Ans :

(c) He perceives the demand as a challenging situation.
Primary cognitive appraisal involves an individual categorising a stressful situation as either harmful, threatening, or challenging. If a situation seems challenging, a positive stress develops. The individual becomes more confident and adopts an adaptive response to overcome the stressful situation, rather than focusing purely on potential future damage.

2. An individual experiences intense resentment towards a peer who received an award they desired. However, they consciously develop an overly affectionate and highly supportive attitude toward this peer, masking their true feelings.
Determine the specific unconscious process being utilised to manage this stressful emotion.
(a) Replacing the feelings with the exact opposite behaviour.
(b) Attributing the feelings to the peer instead.
(c) Reverting to an earlier developmental level of response.
(d) Justifying the unacceptable feelings logically.

Ans :

(a) Replacing the feelings with the exact opposite behaviour.
Reaction formation occurs when a person realises their own feelings are uncomfortable or socially unacceptable, so they develop conscious attitudes and behaviours that are the exact opposite. In this case, the individual replaces their feelings of resentment and hate with exaggerated love and supportive kindness to hide their true emotions.

3. Whenever a project fails at work, Priya immediately assumes it was entirely her fault, even when unpredictable external factors caused the delay. She experiences severe guilt and takes on excessive personal responsibility.
Identify the internal factor making Priya susceptible to stress.
(a) She possesses an internal locus of control.
(b) She possesses an external locus of control.
(c) She exhibits an overly optimistic attitude.
(d) She exhibits a Type-A personality pattern.

Ans :

(a) She possesses an internal locus of control.
People with an internal locus of control believe they have complete control over their lives. Consequently, they take too much responsibility on themselves and suffer from intense guilt as they blame themselves completely for anything that goes wrong, making them highly susceptible to experiencing severe psychological stress during inevitable failures.

4. After a prolonged period of feeling overwhelmed at the workplace, an employee develops an escapist mentality, low self-confidence, and pronounced physical ailments like high blood pressure and stomach ulcers.
Identify the specific stage of the debilitating psychological condition this employee has reached.

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(i) Define the biological term for such spontaneous, unlearned activities shown in the images.
(ii) Describe any five specific spontaneous physical responses that newborns exhibit to adjust to their environment.

Ans :

(i) Reflex activities are spontaneous, mechanical, unlearned responses limited to specific body areas. They are essential for survival until motor development is well established to accommodate the environment.
(ii) Nature provides newborns with various automatic reflexes that serve as crucial aids for their initial survival and progressive motor development. These mechanical movements gradually help the infant adjust to their external surroundings before voluntary control is gained.
    1. The rooting reflex occurs when a newborn infant automatically turns their head directly toward the specific source of sensory stimulation immediately after their cheek is gently stroked near the corner of the mouth, effectively aiding them in locating early nourishment.
    2. The Babinski reflex is observed when the infant automatically fans out their toes in a distinct outward motion immediately upon feeling a gentle stroking sensation along the bare sole of their foot, representing early neurological and motor responsiveness.
    3. The tonic neck or fencing reflex happens when an infant lies on their back, turning their head to one side while extending the arm on that same side directly in front, while firmly bending the opposite arm at the elbow.
    4. The grasping reflex is an automatic unlearned response where a young baby will tightly grip or hold onto any object, such as a finger, the moment it is firmly placed directly onto the sensitive surface of the baby's palm.
    5. The Moro reflex causes an infant placed on their back to suddenly throw their legs and hands upward in response to a loud noise or unexpected jerk, making it seem as though the infant is attempting to embrace somebody.

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163. Examine the following illustration depicting a socially disapproved act and respond to the questions:

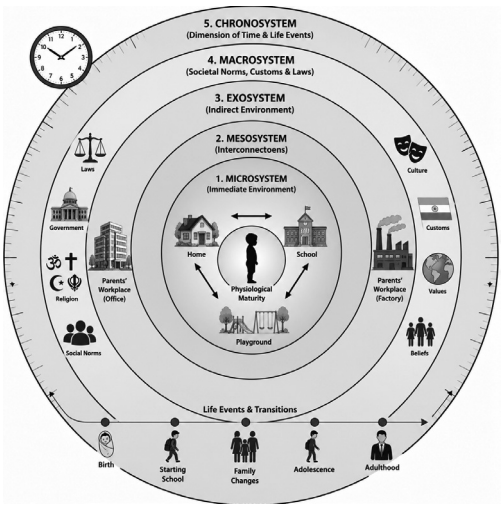
(i) Based on the given illustration, explain any three family-related factors that lead to such behaviour.
(ii) Discuss four personal factors that can push adolescents towards these types of activities.

Ans :

(i) Adverse family environments often foster delinquent tendencies in youth.
    1. Broken homes significantly contribute to delinquency, as individuals often belong to households with a single parent or step-parents. Conversely, homes featuring multiple parental figures who consistently dominate the child can also create unstable situations fostering aggressive and violent behaviour.
    2. Faulty parental attitude and rejection cause delinquency because a severe lack of parental warmth, combined with excessive emotional rigidity and aggressiveness, harms the child. Children often learn and replicate these delinquent behaviours by directly observing their own aggressive parents.
    3. Undesirable peer groups heavily influence children because both male and female adolescents sometimes act in socially disapproved ways to fit in. This negative shift in behaviour occurs primarily due to overwhelming peer pressure within unstable or unmonitored social environments.
(ii) Specific personal factors also push adolescents toward juvenile crimes.

4. Identity achievement: After thoroughly exploring various alternatives, these individuals have successfully formulated a well-organised set of self-chosen values and specific goals. Consequently, they experience a profound sense of well-being, securely knowing the exact life goals they wish to reach.

161. Analyse the visual illustration representing environmental contexts and answer the following questions:



(i) Identify the psychological theory depicted in the given image.

(ii) Explain the fundamental concept of this theory and the five specific layers constituting the child's environment as shown in the illustration.

Ans :

(i) The exact psychological theory depicted in the given image is Urie Bronfenbrenner's Ecological Systems Theory, which is also widely known as the bioecological systems theory.

(ii) Urie Bronfenbrenner explains a child's development within an environmental context comprising various interconnected levels.

1. The bioecological systems theory posits that an individual's physiological attributes play a vital role as the primary environment. Development is directed by the constant interaction between the child's biological maturity and their family or community environment alongside societal norms.
2. The microsystem constitutes the closest layer involving direct contact with family, school, and neighbourhood. It features bidirectional influence, where the child is affected by the parents' beliefs and behaviours, while the child simultaneously influences the parents' beliefs and actions.
3. The mesosystem is formed by the active interconnection between the various structures present in the child's microsystem. For example, the communication and relationship between a child's parents and their school teachers directly affect the child by influencing the microsystem.
4. The exosystem involves layers that do not include the child directly but consist of members of the microsystem whose experiences affect them. A parent's stressful workplace schedule is an exosystem that significantly impacts their interaction with the child's development.
5. The macrosystem is considered the outermost layer of the child's surrounding environment but holds a highly significant role. It exclusively comprises the broader cultural values, traditional customs, and formal laws that encompass and regulate all other systems surrounding them.
6. The chronosystem represents the critical dimension of time in direct relation to the child's changing environment. It includes significant life milestones, such as the timing of physiological puberty changes or the sudden death of a parent, ultimately affecting development.

162. Study the visual sequence below demonstrating an infant's automatic responses and answer the questions that follow:

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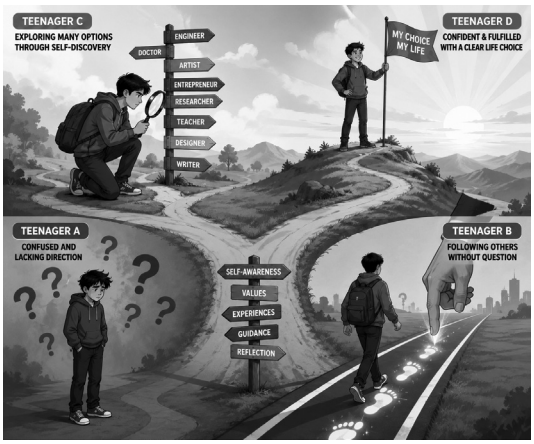
regarding what their developing children might do or think.

5. This parental variation directly impacts adolescents who are already experiencing heightened emotionality. As their social roles change, the demanding adjustments required at home, school, and society emotionally overwhelm them, making supportive and responsive parenting crucial to prevent deep distress.

165. Based on the graphic representation of adolescent psychological journeys below, respond to the following:



(i) Name the specific psychological crisis experienced during this phase according to Erikson.

(ii) Define the term used to describe the ever-changing conscious sense of self that evolves through socialisation as shown in the image.

(iii) Describe the four distinct categories of psychological statuses depicted in the illustration that adolescents shift between.

Ans :

(i) According to Erikson, the specific psychological crisis experienced by individuals during this vital developmental phase is widely known as identity versus role confusion.

(ii) Ego identity is the conscious sense of self that constantly evolves through socialisation. It remains highly dynamic and ever-changing as it is heavily influenced by new life experiences that continuously and directly provide the growing adolescent with completely new personal information.

(iii) James Marcia propounded the conceptual framework of four distinct identity statuses. Adolescents are exposed to more inputs and may shift between these developmental categories as they vigorously and actively struggle to establish an independent identity separate from their parents before adulthood.

1. Identity diffusion occurs when individuals remain completely uncommitted to any particular life goal and critically lack clear direction. They never actively try to reach any target by exploring different alternatives, viewing this entire identity-searching task as deeply threatening and overwhelmingly complex.
2. Identity foreclosure describes individuals who are firmly committed to a particular developmental goal without ever exploring various alternatives. They simply accept and seamlessly adopt a readymade identity specifically chosen for them by authoritative figures, such as their protective parents or teachers.
3. Identity moratorium involves individuals who have certainly not yet reached any definite commitments regarding their life goals. They are currently in the active process of gathering vital information and trying out various alternative activities to finally recognise goals ensuring psychological well-being.
4. Identity achievement represents the ultimate status where, after extensively exploring completely different developmental alternatives, individuals have already successfully formulated a strong set of self-chosen values. They experience a profound sense of overall well-being and clearly know the specific goals they must reach.

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by providing necessary information, practical suggestions, or expert advice during times of stress. This helps the stressed individual understand the situation better and formulate a concrete plan to tackle the upcoming challenge.

9. After joining a new corporate firm, Aman realises that his manager has not outlined his specific daily duties. He constantly struggles to figure out what his actual responsibilities are, leading to a sharp drop in his daily motivation and efficiency.
Identify the specific source of work-related stress Aman is experiencing.
(a) High workload
(b) Role ambiguity
(c) Unpleasant work environment
(d) Career related issues

Ans :

(b) Role ambiguity
Role ambiguity arises when an individual's role in an organisation is not clearly defined. As a result, the person remains confused and uncertain about their exact job responsibilities and duties. This lack of clarity decreases motivation and efficiency, significantly accentuating the employee's level of psychological stress at the workplace.

10. A patient visits a therapist to manage chronic anxiety.
The therapist connects the patient to a monitor that displays their real-time heart rate, teaching them to first recognise the physiological response and then consciously apply mental exercises to lower it.
Name the specific stress management technique being employed by the therapist.
(a) Progressive muscle relaxation
(b) Body scan meditation
(c) Biofeedback
(d) Creative visualisation

Ans :

(c) Biofeedback
Biofeedback is a stress management technique that helps individuals learn to control certain physiological responses, like an increased heart rate. It involves three distinct stages: becoming aware of a specific physiological response, learning targeted ways to control it, and finally applying this technique effectively during actual times of stress.

11. Ravi is selected to represent his school in a national-level debate competition. While his teammates are worried about the tough opponents and the possibility of losing, Ravi feels enthusiastic and confident, viewing this as an opportunity to demonstrate his speaking skills and learn from top debaters.
Which of the following describes Ravi's initial evaluation of the situation?
(a) He perceives the event as harmful.
(b) He evaluates the event as a challenge.
(c) He considers the event as threatening.
(d) He judges the event as completely harmless.

Ans :

(b) He evaluates the event as a challenge.
According to the Cognitive Appraisal Model, primary appraisal evaluates a situation as harmful, threatening, or challenging. Since Ravi feels confident, anticipates a positive outcome, and views the demanding event as an opportunity to learn and demonstrate his skills rather than fearing potential damage, he is evaluating the stressful situation positively as a challenge.

12. Meera rarely expresses her anger or frustration, even when she is treated unfairly at her workplace. She tends to bottle up all her negative emotions to maintain peace with her colleagues, which has recently started affecting her physical health and immune system.
Identify the behavioural pattern depicted by Meera in this situation.
(a) A highly competitive and target-oriented approach.
(b) An optimistic and deeply relaxed approach to life.
(c) A tendency to suppress hostility and internalise rage.
(d) A habit of attributing failures to external circumstances.

Ans :

(c) A tendency to suppress hostility and internalise rage.
Individuals with a Type C personality are characterised by their tendency to suppress all negative emotions, such as anger, hostility, and rage. By bottling up her frustration to maintain peace, Meera exhibits this trait, which ultimately disrupts her psychological equilibrium and weakens her immune system, making her highly vulnerable to severe diseases.

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(a) The honeymoon phase
(b) The fuel shortage phase
(c) The chronic symptom phase
(d) The crisis phase

Ans :

(d) The crisis phase
According to Veninga and Spardley, the crisis stage of burnout occurs after a prolonged period of feeling stressed. It is strongly characterised by obsession with work-related frustrations, heightened pessimism, low self-confidence, an escapist mentality, and the emergence of pronounced physical ailments like severe headaches, ulcers, and persistently high blood pressure.

5. Rahul rarely expresses his frustration when colleagues take credit for his work. He tends to suppress his anger and hostility, remaining quiet to avoid disrupting workplace harmony, which frequently leads to him falling ill.
Determine the specific personality category that best describes Rahul's behaviour.
(a) Optimistic Personality
(b) Type-A Personality
(c) Type-B Personality
(d) Type-C Personality

Ans :

(d) Type-C Personality
Individuals with a Type-C personality typically suppress all their negative feelings, such as anger, hostility, and rage. This persistent emotional suppression disrupts their internal physiological equilibrium and severely weakens the immune system, ultimately making their body significantly less resistant to serious diseases and infections over an extended period of time.

6. When faced with a difficult transition at work, an individual actively engages with the process, views the change as a learning opportunity rather than a threat, and believes they can influence the outcome.
Identify the specific personality factor that helps this individual resist stress.
(a) Psychological hardiness
(b) Optimistic and positive outlook
(c) High stress-tolerance capacity
(d) High assertiveness

Ans :

(a) Psychological hardiness
Hardiness is a personality factor that helps individuals resist stress to a great extent. It comprises three key qualities: a strong commitment to the task, taking the situation as a challenge rather than a stressful event, and maintaining emotional control, all of which enable the person to effectively navigate difficult circumstances.

7. Meera has been working 14-hour days for the past three months to launch a startup. Recently, she has started catching viral infections frequently and takes longer than usual to recover from minor cuts.
Which underlying physiological mechanism best explains Meera's reduced resistance to infections?
(a) The parasympathetic nervous system has depleted her energy stores.
(b) Excess adrenaline has constricted her peripheral blood vessels.
(c) Elevated cortisol has excessively broken down proteins needed for white blood cells.
(d) Increased glucose mobilisation has impaired her digestive and metabolic systems.

Ans :

(c) Elevated cortisol has excessively broken down proteins needed for white blood cells.
During prolonged stress, cortisol is continuously secreted to provide energy by breaking down fats and proteins. However, proteins are essential for manufacturing white blood cells, which fight infections. This excessive breakdown seriously upsets the internal mechanism, significantly impairing the immune system and making the individual highly vulnerable to various ailments.

8. Social support acts as a crucial buffer against stressful circumstances. When an individual receives expert advice, necessary suggestions, or specific guidelines on how to navigate a difficult situation, it forms a distinct category of assistance.
Classify this specific type of support.
(a) Tangible support
(b) Informational support
(c) Emotional support
(d) Material support

Ans :

(b) Informational support
Social support takes three main forms to help overcome stressful situations. Informational support occurs when someone extends help

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T-cells and increasing vulnerability to various infections.

17. A newly hired employee is given a workspace and a computer but receives no formal orientation. The employee struggles to understand daily responsibilities, reporting structures, and specific performance expectations, leading to a significant drop in motivation and efficiency.
Which environmental factor is primarily responsible for the employee's psychological discomfort?
(a) The lack of clearly defined duties within the organisation.
(b) The mismatch between expected output and individual capability.
(c) The presence of unpleasant physical working conditions.
(d) The deteriorating relationships with senior management.

Ans :

(a) The lack of clearly defined duties within the organisation.
Work-related stress can stem from various organisational factors. The scenario describes role ambiguity, which arises when an employee's exact job responsibilities and duties are not clearly defined by the management. This lack of clarity leaves the person confused and uncertain, leading to decreased motivation, lowered efficiency, and significantly heightened psychological stress.

18. Whenever a group project fails, Vikram takes full personal responsibility, even if the failure was due to unforeseeable circumstances. He feels an intense amount of guilt and continuously blames himself, believing he should have been able to control the entire outcome.
Which psychological trait makes Vikram highly susceptible to experiencing distress in this manner?
(a) A tendency to attribute outcomes to fate or external circumstances.
(b) A persistent habit of procrastinating until the very last minute.
(c) An inability to communicate his personal needs and thoughts clearly.
(d) A belief that he possesses total influence over his environment.

Ans :

(d) A belief that he possesses total influence over his environment.
Locus of control refers to an individual's perception of the control they have over their life. Vikram demonstrates an internal locus of control by taking excessive personal responsibility for events. Such individuals blame themselves entirely when things go wrong, making them highly susceptible to guilt and elevated stress levels compared to others.

19. During continuous exposure to a threatening situation, the body's resources to fight the physiological arousal eventually deplete. The individual's capacity to respond collapses, leading to a vulnerability to infections and a potential breakdown of health.
Which physiological phase corresponds to this ultimate decline in the body's adaptive capabilities?
(a) The initial stage where the sympathetic nervous system activates abruptly.
(b) The rebound reaction phase where symptoms of sudden shock disappear.
(c) The intermediate stage where the power of bodily resistance is increased.
(d) The prolonged phase where the organism's coping resources are fully drained.

Ans :

(d) The prolonged phase where the organism's coping resources are fully drained.
Hans Selye's General Adaptation Syndrome describes a three-stage physiological reaction to stress. The final phase is the exhaustion stage, which occurs when exposure to a stressor persists for a prolonged period. The body's vital resources deplete continuously, causing its resistance to completely break down and leading to severe illness or burnout.

20. A stress management technique requires individuals to first become aware of specific physiological changes, such as an elevated heart rate. Through guided mental and physical exercises, they then learn to voluntarily regulate these internal responses during highly demanding situations.
Which method of managing everyday stress is described here?
(a) Systematically tensing and relaxing different muscle groups.
(b) Monitoring and controlling specific biological

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13. When an individual experiences prolonged mental pressure coupled with poor dietary habits, it often triggers excessive acidic secretions in the digestive tract. This build-up eventually erodes the protective inner lining of the stomach or duodenum.
Which specific health condition is a direct physiological manifestation of this process?
(a) Narrowing of the bronchial tubes.
(b) Formation of breaks or holes in the gut.
(c) Sudden elevation of blood pressure levels.
(d) Resistance to insulin produced by the pancreas.

Ans :

(b) Formation of breaks or holes in the gut.
Stress, combined with poor lifestyle habits, disrupts the physiological balance by promoting excessive acidic secretions from the stomach. Over time, the continuous build-up of these harsh stomach acids erodes the protective inner lining of the stomach, duodenum, or esophagus, which directly results in the formation of painful holes or breaks known as ulcers.

14. For the past six months, Sunita has been managing two major projects simultaneously. She has now reached a point where she feels completely drained of energy, experiences severe emotional detachment, and finds it physically impossible to continue functioning at her job.
Which stage of the debilitating psychological condition caused by excessive work stress is she experiencing?
(a) The period marked by initial excitement and pride.
(b) The emergence of vague fatigue and sleep disturbances.
(c) The phase where pessimism and escapist mentality peak.
(d) The state characterised by total exhaustion of adaptive ability.

Ans :

(d) The state characterised by total exhaustion of adaptive ability.
Veninga and Spardley identified five distinct stages of burnout caused by prolonged workplace stress. Sunita is experiencing the final stage, known as "hitting the wall." This stage is specifically characterised by the total exhaustion of an individual's physical and emotional energy, making it absolutely impossible for them to continue functioning on the job.

15. Rajiv deeply resents his newly appointed team leader because he feels he deserved the promotion instead. However, in front of the management and peers, Rajiv goes out of his way to be overly polite, helpful, and exceptionally supportive towards the new leader.
Which unconscious strategy is Rajiv using to protect himself from anxiety?
(a) Reverting to an earlier, less mature developmental stage.
(b) Directing his feelings of aggression toward a much safer target.
(c) Developing conscious attitudes that are the exact opposite of true feelings.
(d) Attributing his own unacceptable negative feelings to his colleagues.

Ans :

(c) Developing conscious attitudes that are the exact opposite of true feelings.
According to psychoanalytic theory, ego-defense mechanisms protect individuals from anxiety. Rajiv is employing reaction formation, an unconscious process where a person hides their socially unacceptable feelings—like his resentment and hostility toward the new leader—by developing conscious attitudes and overt behaviour patterns that are the exact opposite, such as excessive politeness.

16. When harmful foreign elements enter the human body, a specific type of white blood cell begins to multiply. These cells directly attack the invaders and destroy them by engulfing them, a process that is severely compromised during prolonged periods of distress.
Which specific component of the internal defense mechanism functions in this manner?
(a) T-cells that fight against external antigens.
(b) B-cells that produce neutralising antibodies.
(c) Cortisol hormones that provide energy boosts.
(d) Adrenaline hormones that elevate the heart rate.

Ans :

(a) T-cells that fight against external antigens.
The immune system protects the body against foreign elements known as antigens. When antigens enter, lymphocytes multiply to combat them. T-cells specifically attack these invaders by directly engulfing and destroying them. Prolonged stress drains the body's resources, significantly reducing the efficiency of these

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1. Brain damage is a critical personal factor because, in specific medical cases, it is found that organic brain damage coupled with a lesser degree of mental retardation directly leads to highly uncontrollable, delinquent, and consistently impulsive antisocial activities.
2. Dissatisfied needs push individuals toward delinquency when they consistently fail to fulfil their basic requirements due to a lack of personal competencies or socio-economic barriers. Consequently, they attempt to meet these pressing demands by actively indulging in unlawful acts.
3. Psychopathic personality traits are commonly found in a significant number of confirmed delinquents. These specific antisocial traits include extreme impulsivity, constant defiance, deep resentfulness, a complete lack of guilt feelings, and a profound absence of moral conscience regarding their actions.
4. Drug abuse frequently results in delinquency as addiction incurs immense financial expenses. To sustain their habits, stealing becomes highly common among male adolescent addicts, whereas prostitution is frequently observed as a common desperate measure among female adolescent substance addicts.

164. Analyse the illustrated interactions between parents and their adolescent children below and answer the following:

(i) Identify the fundamental dimensions on which these varied parental approaches are based.

(ii) Which specific approach is most likely to cause emotional rebellion in adolescents due to a difference of opinions?

(iii) Explain the four distinct approaches to child-rearing depicted in the quadrants and the major cause of tension for adolescents in society.

Ans :

(i) These varied parental approaches are primarily based on two fundamental dimensions: parental demandingness, which regulates control, and parental responsiveness, which involves being supportive.

(ii) The Authoritarian parenting approach is most likely to cause serious emotional rebellion because strict rules and harsh punitive measures completely ignore the adolescent's own opinions.

(iii) Society expects adolescents to play age-appropriate roles with adult-like responsibility, but their lack of physical, intellectual, or emotional maturity creates immense tension.

1. Authoritarian parents are exceptionally high in demandingness but extremely low in responsiveness. They frame excessively strict rules for their children, frequently use punitive disciplinary measures, and absolutely refuse to allow their children to have any say in making decisions.
2. Authoritative parents demonstrate high levels of both demandingness and responsiveness. While they establish strict rules, they warmly allow their children to hold their own opinions and take a few independent decisions, provided the parents consider those specific choices correct.
3. Permissive parents show high responsiveness but remain remarkably low in demandingness. These warm, highly supportive parents gently guide their children to form independent opinions and decisions without setting any rigid household rules or establishing definite behavioural standards for them.
4. Rejecting or neglecting parents are uniquely characterised by being completely low in both responsiveness and demandingness. They remain entirely indifferent to their children's needs and are simply not bothered at all

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responses.
(c) Focusing awareness on the internal experiences of the present moment.
(d) Assuming physical postures to improve respiratory functioning.

Ans :

(b) Monitoring and controlling specific biological responses.
Biofeedback is an effective lifestyle strategy for stress management. It involves three stages: first, becoming consciously aware of a specific physiological response like heart rate; second, learning physical and mental exercises to control it; and finally, practically applying this technique to regulate internal biological reactions during demanding or stressful times.

21. Priya and Rohan face the same complex project at work. Priya feels she will fail and lose her job, while Rohan feels it is a chance to demonstrate his skills and secure a promotion.
Which of the following best explains the difference in their initial psychological evaluation of the situation?
(a) Priya perceives the demand as a threat, whereas Rohan perceives it as a challenging opportunity.
(b) Priya focuses on her lack of coping resources, whereas Rohan focuses on his available skills.
(c) Priya is experiencing the exhaustion stage, whereas Rohan is entering the initial alarm stage.
(d) Priya demonstrates an external locus of control, whereas Rohan demonstrates an internal locus.

Ans :

(a) Priya perceives the demand as a threat, whereas Rohan perceives it as a challenging opportunity.
According to Lazarus's Cognitive Appraisal Model, primary appraisal involves evaluating a situation's probable influence. Priya perceives the project as a threat because she anticipates future damage, like losing her job. Conversely, Rohan perceives it as a challenge, developing positive stress and the confidence to overcome the demand and achieve professional growth.

22. Meera joined a start-up as a marketing executive. Her manager constantly assigns her random tasks ranging from accounting to human resources, without ever specifying her actual daily responsibilities or performance expectations. This lack of clarity has left her highly demotivated and inefficient.
Which specific workplace factor is primarily responsible for Meera's current psychological distress?
(a) She is experiencing a severe mismatch between her expected output and her working capacity.
(b) She is working in an environment that lacks a clearly defined set of professional duties.
(c) She is subjected to poor interpersonal relationships with her peers and senior management.
(d) She is frustrated by the lack of standardized rules during peer performance evaluations.

Ans :

(b) She is working in an environment that lacks a clearly defined set of professional duties.
Meera is experiencing work-related stress due to role ambiguity. This occurs when an employee's exact job responsibilities and expectations are not clearly defined within the organisation. As a result, the person remains confused and uncertain, leading to decreased motivation and a decline in overall work efficiency and performance.

23. Sunil secretly harbours a strong dislike for his colleague, Manish, who recently got promoted over him. However, whenever Manish is around, Sunil goes out of his way to be excessively sweet, helpful, and complimentary towards him, surprising the rest of their teammates.
Which unconscious psychological strategy is Sunil using to deal with his uncomfortable feelings?
(a) He is justifying his hidden resentment by finding logical, acceptable faults in Manish's daily work.
(b) He is attributing his own feelings of intense dislike onto Manish to avoid feeling guilty.
(c) He is substituting his socially unacceptable hostility with an exaggerated, opposite pattern of behaviour.
(d) He is directing his workplace frustration onto a safer, less threatening target outside the office.

Ans :

(c) He is substituting his socially unacceptable hostility with an exaggerated, opposite pattern of behaviour.

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of physiological reaction is Vikram currently in?

Ans :

Exhaustion stage

64. During a prolonged period of family disputes, Sneha's body continuously breaks down proteins and fats to supply fuel, making her highly vulnerable to viral fevers.
Name the specific hormone released into the bloodstream responsible for this breakdown.

Ans :

Cortisol

65. When faced with a sudden financial loss, Kabir immediately starts evaluating his available savings and coping resources to figure out how he can recover the money successfully.
According to Lazarus and Folkman, which specific cognitive process is Kabir engaging in?

Ans :

Secondary appraisal

66. Anita has been given a highly complex project at work. Instead of feeling defeated, she feels confident and views it as an opportunity to showcase her adaptive skills for a promotion.
How has Anita evaluated this situation during her primary cognitive appraisal?

Ans :

As challenging

67. Rahul joined a new IT firm, but his manager never gave him a clear job description. He is constantly confused about his exact duties, leading to decreased motivation and high anxiety.
Identify the specific cause of work-related stress Rahul is facing.

Ans :

Role ambiguity

68. Whenever the school football team loses a match, the captain, Arjun, blames the weather, the referee, or his teammates' bad luck, never taking personal responsibility.
Explain briefly the specific personality trait that makes Arjun react to failure in this manner.

Ans :

He has an external locus of control and attributes outcomes to circumstances rather than himself.

69. Karthik is highly competitive, constantly sets unrealistic deadlines for himself, and gets extremely impatient and angry if his colleagues do not match his fast pace.
Which specific personality type does Karthik possess that makes him more susceptible to cardiac arrests?

Ans :

Type-A personality

70. Whenever Geeta faces extreme academic pressure before her board exams, the passageways of her lungs narrow down, causing her to experience severe coughing and chest tightness.
Identify the psychosomatic disorder Geeta is suffering from due to environmental stress.

Ans :

Asthma

71. Once foreign antigens enter a highly stressed individual's body, certain white blood cells fail to multiply adequately to attack and engulf these harmful germs.
Name this specific type of lymphocyte that gets adversely affected by prolonged stress.

Ans :

T-cells

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72. After years of intense corporate pressure, Mahesh has reached a point of total exhaustion of his physical and emotional energy, making it completely impossible for him to function on the job.
Identify the specific stage of burnout Mahesh is experiencing.

Ans :

Hitting the wall

73. Deepa harbours a strong resentment towards her stepbrother, but she consistently showers him with excessive love and buys him expensive gifts to hide her true feelings.
Which unhealthy coping strategy is Deepa unconsciously using to manage her stress?

Ans :

Reaction formation

74. Amit was severely reprimanded by his principal in front of the whole school. Unable to talk back, he went home and aggressively yelled at his younger sister for no reason.

the immune system and increases vulnerability to diseases. Statements (Q) and (R) correctly identify these traits and health risks.

27. Rohan receives an email stating that his department is being restructured and he will have to lead a completely new team. Initially, he evaluates whether this change will harm his career or offer a chance to grow. Once he decides it is a difficult situation, he simultaneously starts evaluating his own problem-solving skills and resources to see if he can handle the transition effectively.
Which of the following statements align with the cognitive evaluation processes Rohan is undergoing?
(P) Rohan's initial evaluation of the restructuring as a potential harm or growth opportunity represents his primary appraisal.
(Q) Rohan's assessment of his own problem-solving skills to manage the new team reflects a biological adaptation response.
(R) Rohan's simultaneous assessment of how he can effectively deal with the situation using his available coping resources reflects the secondary stage.
(S) Rohan's process indicates an immediate transition into the resistance stage of stress where his body mobilizes glucose.
(a) Only (P) and (R)
(b) Only (Q) and (S)
(c) Only (P) and (Q)
(d) Only (R) and (S)

Ans :

(a) Only (P) and (R)
Rohan's situation illustrates Lazarus and Folkman's model. His initial judgment of the restructuring as a potential threat or growth is the primary appraisal. Simultaneously assessing his problem-solving skills and resources to deal with it reflects the secondary appraisal. Statements (P) and (R) accurately describe these two cognitive evaluation stages.

28. Meera is extremely resentful of her demanding supervisor but behaves with exaggerated sweetness and compliance towards him in the office. Later, when she returns home, she often gets excessively angry at her younger sibling for minor mistakes.
Which of the following unconscious strategies is Meera utilizing to manage her emotional stress?
(P) She is adopting a mature mechanism by transforming her socially disapproved impulses into socially approved activities.
(Q) She is directing her aggression towards a safer target to vent her negative emotions without facing social disapproval.
(R) She is reverting to a less mature, infantile level of behavioural response to find quick relief from her intense work challenges.
(S) She is replacing her socially unacceptable hatred for her supervisor with a conscious attitude of kindness and opposite behaviour.
(a) Only (P) and (S)
(b) Only (Q) and (P)
(c) Only (R) and (S)
(d) Only (S) and (Q)

Ans :

(d) Only (S) and (Q)
Meera uses two distinct ineffective defense mechanisms. Acting excessively sweet to a boss she strongly hates illustrates reaction formation, where unacceptable feelings are replaced with opposite behaviours. Scolding her sibling demonstrates displacement, as she redirects pent-up aggression onto a safer target to vent negative emotions without severe consequences.

29. Vikram, a college student, is highly stressed about his upcoming engineering project. His roommate offers to lend him a rare reference book required for the assignment. Meanwhile, his elder sister, who graduated from the same course, gives him step-by-step advice on how to structure the final presentation to score better grades.
Which of the following statements correctly identify the types of assistance Vikram is receiving?
(P) His roommate is providing informational support by giving him the necessary learning materials.
(Q) His sister is offering emotional support by boosting his confidence to fight the stressful academic situation.
(R) His sister is giving informational support by sharing necessary suggestions and advice during his time of academic stress.
(S) His roommate is providing tangible support by offering material aid in the form of a reference book.
(a) Only (P) and (Q)
(b) Only (Q) and (S)
(c) Only (R) and (S)
(d) Only (R) and (P)

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attitudes and behaviour patterns that are precisely the opposite. Meera hiding her intense hatred and resentment by showering her sister-in-law with exaggerated sweetness and gifts perfectly illustrates this unconscious, ineffective strategy to manage her underlying anxiety.

ONE MARK QUESTIONS

41. Aditi is feeling a bit anxious about her upcoming dance performance, which motivates her to practice harder and eventually deliver an outstanding show. Identify the specific term used to describe this optimal and beneficial level of tension.

Ans :

Eustress

42. Rohan reads a news article about a severe snowstorm in a distant country where he has no acquaintances, and he feels entirely unaffected by the event. What category of stress does this news represent for him?

Ans :

Neustress

43. Ananya recently moved into an apartment located right next to a busy railway track, and the constant loud noise and vibrations are making her extremely irritable. Under which specific category of stressors does this situation fall?

Ans :

Environmental stressors

44. During a sudden crisis, an organism's initial shock passes, and its body begins to mobilize glucose and adapt to the threat. Identify this specific phase in Hans Selye's biological model.

Ans :

Resistance stage

45. When assigned a highly difficult project, Karthik feels confident and views it as a positive opportunity to prove his adaptive skills and secure a promotion. How would Lazarus and Folkman classify Karthik's primary evaluation of this situation?

Ans :

As a challenging situation

46. Whenever a team project fails, Manish never takes responsibility and insists that it was simply bad luck or the fault of his colleagues. What specific personality trait makes Manish less susceptible to feeling guilty or stressed in such situations?

Ans :

External locus of control

47. Meera has a strong tendency to suppress all her anger and hostility, making her immune system weak and highly vulnerable to serious diseases like lung cancer. Identify the exact personality type she possesses.

Ans :

Type-C personality

48. After a narrow escape from a road accident, Sanjay's heart rate gradually decreases and his body's stores of energy are conserved. Which specific branch of his nervous system is responsible for restoring this equilibrium?

Ans :

Parasympathetic nervous system (PNS)

49. In her new corporate job, Sneha feels constantly confused and unmotivated because her reporting manager has not clearly defined her daily duties and expectations. Name the specific work-related cause of stress she is experiencing.

Ans :

Role ambiguity

NODIA

50. Prolonged tension can severely impair the body's internal defense mechanism by reducing the effectiveness of specific white blood cells that directly attack and destroy antigens by engulfing them. Name these specific cells.

Ans :

T-cells

51. Amit's demanding work schedule and poor lifestyle have led to a build-up of acidic secretions that eroded the protective lining of his duodenum. What specific stress-induced medical condition has he developed?

causing confusion and decreased motivation. Meanwhile, the Reason accurately describes how a balanced diet promotes psychological wellness and boosts immunity, but it does not explain the cause of Sandeep's workplace stress.

33. Read the following Assertion and Reason carefully and select the correct option.
Assertion (A): Whenever Mr. Iyer is heavily reprimanded by his senior director at the office, he comes home and unnecessarily yells at his children for minor mistakes to vent his frustration.
Reason (R): In the defense mechanism of Sublimation, a person directs their socially disapproved aggression towards a safer target to vent their negative emotions safely.
(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(c) Assertion is true, and Reason is false.
The Assertion is true as it illustrates Mr. Iyer redirecting his anger from his boss to a safer target (his children). However, the Reason is false because this behavior defines 'Displacement', not 'Sublimation'. Sublimation is a mature defense mechanism where socially disapproved impulses are transformed into socially approved actions like sports.

34. Read the following Assertion and Reason carefully and select the correct option.
Assertion (A): Upon being assigned a completely unfamiliar and highly critical portfolio, Priya immediately perceived it as 'harmless' because she had no prior experience or resources to deal with it.
Reason (R): A stressful situation is evaluated as 'challenging' when an event has already caused severe damage and the individual's resources are completely depleted.
(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(d) Both Assertion and Reason are false.
Both statements are false. Priya's lack of experience and resources would make the situation 'threatening', not 'harmless'. A 'harmless' situation means the person has previously developed resources to cope. Furthermore, a 'challenging' situation develops positive stress and confidence, whereas a situation where damage has already occurred is classified as 'harmful'.

35. Read the following Assertion and Reason carefully and select the correct option.
Assertion (A): After enduring uncontrollable and severe financial stress for several months, Rohan has started falling sick frequently and is taking much longer to recover from basic viral infections.
Reason (R): Prolonged exposure to stress results in continuous secretion of cortisol, which breaks down proteins needed to manufacture white blood cells, thereby impairing the immune system.
(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
The Assertion and Reason are both true, and the Reason correctly explains the Assertion. Rohan's frequent illnesses are due to his immune system being compromised. During prolonged stress, the pituitary gland continuously stimulates the secretion of cortisol, which breaks down proteins required to manufacture infection-fighting white blood cells, causing vulnerability.

36. Observe the image below and answer the following question.

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Ans :

(c) Only (R) and (S)
Vikram benefits from two forms of social support. His roommate offering a physical reference book is an example of tangible support, which involves providing material aid. His sister giving advice and suggestions on structuring the presentation exemplifies informational support. Emotional support involves boosting confidence, which is not depicted here.

30. Anjali has been working 14-hour shifts for the past year to meet unrealistic corporate targets. Recently, she has developed an escapist mentality, feels deeply oppressed, and experiences pronounced physical ailments like persistent high blood pressure and migraines. She constantly feels obsessed with her work-related frustrations. Based on the debilitating psychological conditions of excessive work stress, which of the following statements describe Anjali's current phase?
(P) She is in the fuel shortage stage where vague feelings of fatigue and sleep disturbances induce unhealthy eating habits.
(Q) She has reached the crisis stage where heightened pessimism and self-doubt lead to a severe loss of self-confidence.
(R) She is currently experiencing the honeymoon phase characterized by intense pride and commitment to meet workplace stressors.
(S) She is exhibiting pronounced physical ailments and obsession with frustration indicative of the fourth distinct stage of prolonged stress.
(a) Only (P) and (R)
(b) Only (R) and (S)
(c) Only (P) and (Q)
(d) Only (Q) and (S)

Ans :

(d) Only (Q) and (S)
Anjali is experiencing the 'Crisis' stage, the fourth phase of burnout identified by Veninga and Spardley. This advanced stage is characterized by a strong escapist mentality, pronounced physical ailments like high blood pressure, and intense obsession with work-related frustrations, which stem from prolonged exposure to debilitating workplace stress.

31. Read the following Assertion and Reason carefully and select the correct option.
Assertion (A): Neha suffers from intense guilt and places immense blame on herself whenever her group project falls short, even when the failure is largely due to external circumstances like an unexpected power cut.
Reason (R): People with an internal locus of control take excessive personal responsibility for outcomes and are therefore more susceptible to stress than those who attribute failures to fate.
(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

NODIA

Ans :

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
Assertion is correctly explained by the Reason. Neha's tendency to blame herself for uncontrollable events is characteristic of an internal locus of control. According to the text, such individuals take excessive personal responsibility, experience guilt, and are more vulnerable to stress compared to those with an external locus of control who blame circumstances.

32. Read the following Assertion and Reason carefully and select the correct option.
Assertion (A): Sandeep feels highly stressed and unmotivated at his new job because his reporting manager has not clearly defined his exact duties and daily responsibilities.
Reason (R): A balanced diet promotes a healthy mind by providing required energy, maintaining organs, and boosting the body's immunity to cope with stress effectively.
(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
Both statements are true but unrelated. Sandeep's stress arises from 'role ambiguity' because his job duties are not clearly defined,

(d) Activating the adrenocorticotropic axis unconsciously to resist the impending psychological threat.

Ans :

(b) Determining the availability and likelihood of success of his internal coping resources.
In Lazarus and Folkman's Cognitive Appraisal Model, the secondary appraisal involves the individual determining the coping resources available and the likelihood that they can be employed successfully. Rajesh evaluating his savings and family support to deal with the threatening foreclosure notice exemplifies this step, which occurs after the primary appraisal of the threat.

39. Observe the image below and answer the following question.

Am I supposed to do sales?
Is marketing my job?
Who is my reporting manager?
Yeah, yeah... I'll call you later. I'm in a meeting right now.
VISION MISSION VALUES
TODAY'S PLAN
NO CLARITY. NO DIRECTION.
DEADLINES ???

Siddharth recently joined a reputed IT firm. After two weeks, he finds himself highly anxious and unmotivated. His manager frequently assigns him tasks ranging from technical coding to client acquisition without providing any formal job description or clear responsibilities. What specific cause of distress is Siddharth experiencing in this scenario?

(a) A lack of clear definition regarding his exact position and duties in the organization.
(b) An overwhelmingly high workload that vastly exceeds his perceptual and physical abilities.
(c) A highly unpleasant work environment caused by extremely poor physical office conditions.
(d) An intensely competitive culture based strictly on subjective peer performance appraisals.

Ans :

(a) A lack of clear definition regarding his exact position and duties in the organization.
Role ambiguity is a work-related stressor that arises when an employee's exact job responsibilities and duties are not clearly defined by the organization. Siddharth's confusion over varying tasks and lack of a formal job description matches the illustration of an employee uncertain about his core duties, leading to decreased motivation and elevated stress levels.

40. Observe the image below and answer the following question.

Meera deeply resents her sister-in-law for receiving a larger share of the family inheritance. However, whenever they meet, Meera behaves with exaggerated sweetness, showering her with expensive gifts and constant praise, masking her intense inner hostility. Which unhealthy coping mechanism is Meera unconsciously employing to manage her anxiety?

(a) She is attributing her own feelings of intense resentment entirely onto her sister-in-law.
(b) She is replacing her socially unacceptable hatred with the exact opposite conscious behaviour.
(c) She is reverting to a less mature, infantile state of gift-giving to seek immediate relief.
(d) She is directing her intense aggression toward a much safer, completely unrelated target.

Ans :

(b) She is replacing her socially unacceptable hatred with the exact opposite conscious behaviour.
Reaction formation is an ego-defense mechanism where individuals replace their socially unacceptable feelings or thoughts with conscious

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Sunil is using reaction formation, an ineffective ego-defense mechanism. When individuals realize their true thoughts or feelings are socially unacceptable or uncomfortable, they often develop conscious attitudes and behaviour patterns that are exactly the opposite. By hiding his intense hatred with extreme kindness, Sunil temporarily manages his anxiety.

24. During the first week of rigorous physical training, Kabir experienced a racing heartbeat and high blood pressure. By the third week, these sudden physical symptoms disappeared, and he felt his body had fully adapted to the intense demands, even though his internal resources were quietly depleting.
Based on biological responses to ongoing stress, what is currently happening in Kabir's body during this third week?
(a) The sympathetic nervous system has completely shut down to preserve his remaining physical energy.
(b) The parasympathetic nervous system has successfully restored his original physiological balance to normal levels.
(c) The body has reached a total collapse of resources and cannot ward off any new infections.
(d) The body is maintaining an increased power of endurance while trying to cope with the stimulus.

Ans :

(d) The body is maintaining an increased power of endurance while trying to cope with the stimulus.
Kabir is in the resistance stage of the General Adaptation Syndrome (GAS). After the initial alarm stage, the body rebounds and tunes up fast to react. Symptoms from the sudden stimulus disappear because the organism's power of resistance increases, helping it cope with the ongoing stressor to attain normality again.

25. Initially, Arjun was highly enthusiastic and committed to his new corporate role. Recently, he has started experiencing vague fatigue, sleep disturbances, and a mild sense of confusion. He often resorts to smoking and overeating to cope and is slowly becoming aware of his dissatisfaction with the job.
Which phase of prolonged occupational stress is Arjun currently transitioning through?
(a) He is exhibiting early signs of energy depletion leading to unhealthy compensatory habits.
(b) He is in a phase of heightened pessimism resulting in an escapist mentality and self-doubt.
(c) He is facing a total exhaustion of his physical and emotional ability to adapt to work.
(d) He is undergoing an intensification of chronic anger, severe depression, and physical illness.

NODIA

Ans :

(a) He is exhibiting early signs of energy depletion leading to unhealthy compensatory habits.
Arjun is in the "Fuel Shortage" stage of burnout, as identified by Veninga and Spardley. Following the initial honeymoon phase, this second stage is marked by vague fatigue, sleep disturbances, and confusion. To cope, individuals often resort to unhealthy habits like overeating or smoking and begin recognizing their job dissatisfaction.

26. Samir is a highly competitive sales manager who is always racing against deadlines and easily gets frustrated. His colleague, Amit, avoids confrontations, always suppresses his anger, and agrees with everyone even when he strongly dislikes the situation.
Which of the following statements correctly describe the psychological dimensions and associated health risks of these two individuals?
(P) Samir's characteristics make him more susceptible to immune system failure and diseases like lung cancer.
(Q) Amit's tendency to hold back negative emotions disrupts his equilibrium and weakens his immune system.
(R) Samir's hyper-ambitious and restless nature puts him at a significantly higher risk of cardiac arrests.
(S) Amit's approach of avoiding arguments shows that he is highly optimistic and rarely feels stressed.
(a) Only (P) and (S)
(b) Only (Q) and (R)
(c) Only (P) and (R)
(d) Only (R) and (S)

Ans :

(b) Only (Q) and (R)
Samir exhibits Type A personality traits (highly ambitious, competitive, restless), making him prone to cardiac problems. Amit displays Type C traits by suppressing negative emotions like anger and hostility to maintain peace, which weakens

Ans :

Ulcers

52. Tarun recently joined a startup and initially feels a high level of pride, enthusiasm, and commitment to tackle the heavy workload. According to Veninga and Spardley, which specific stage of psychological exhaustion is he currently in?

Ans :

Honeymoon stage

53. Although Priya feels a deep sense of hostility towards her competitive colleague, she constantly showers her with excessive love and overly sweet behaviour in public. Identify the specific unconscious coping mechanism she is using.

Ans :

Reaction formation

54. Faced with the overwhelming pressure of his upcoming board exams, a teenage boy suddenly starts biting his nails and throwing childhood tantrums. Which specific ego-defense mechanism is he exhibiting to find quick relief?

Ans :

Regression

55. A therapist trains Kavita to observe her increased heart rate on a monitor and teaches her mental exercises to consciously bring her physiological arousal back to normal. Name the specific stress management technique being employed.

Ans :

Biofeedback

56. Despite being swamped with her own work, Neha used to agree to do her coworkers' tasks, but she has now learned to confidently say 'no' without feeling guilty. What specific effective lifestyle strategy has she developed?

Ans :

Assertiveness

57. Rather than feeling defeated by a sudden financial loss, Varun treats it as a learning opportunity and maintains a strong sense of emotional control. Identify the specific personality factor that helps him resist this stress.

Ans :

Hardiness

58. When a junior employee struggles to prepare a difficult presentation, a senior manager steps in to provide necessary advice and practical suggestions on how to structure it. What specific type of social support is being provided here?

Ans :

Informational support

59. During prolonged periods of distress, the adrenal glands continuously secrete a specific hormone that breaks down proteins for energy, ultimately leaving the individual highly vulnerable to infections. Name this hormone.

Ans :

Cortisol

60. Instead of believing she is a complete failure after scoring poorly on a single test, Riya consciously challenges her own negative biases and evaluates her performance logically. Which specific cognitive strategy is she using to cope with stress?

Ans :

Rational thinking

61. Meera is preparing for her upcoming classical dance debut. The pressure makes her practice rigorously and perform creatively, giving her optimal energy and a sense of positivity.
Identify the specific level of stress Meera is experiencing that helps her remain productive.

Ans :

Eustress

62. Rohan recently went through a bitter breakup with his long-term partner, which has left him feeling emotionally drained, distracted, and unable to focus on his college assignments.
Under which specific category of stressor does Rohan's situation fall?

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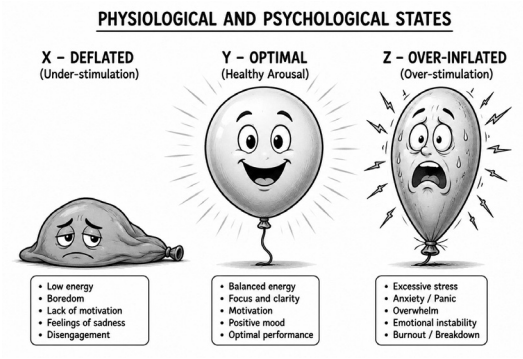
Ans :

Social stressor

63. After months of working 14-hour shifts without a break to launch his startup, Vikram's body can no longer fight off infections, and he has been admitted to the hospital with a severe illness.
According to Hans Selye's model, which stage



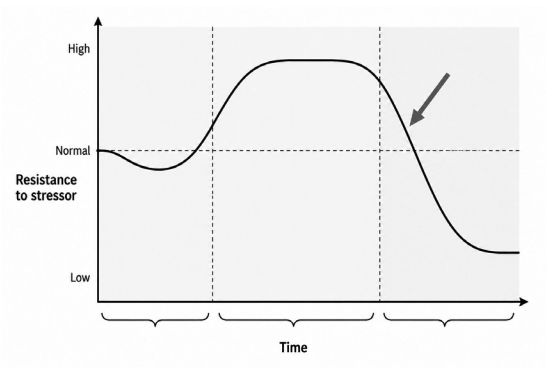
Mr. Sharma was recently promoted to branch manager. He has been working late to set up the new office, displaying high energy, enthusiasm, and elaborate preparation without feeling fatigued. Which balloon from the given image best represents his current psychological state and why?

(a) Distress, because the new responsibilities are draining his physiological energy reserves.
(b) Neustress, because the office setup has a completely neutral emotional effect on him.
(c) Burnout, because the constant working hours will eventually lead to complete exhaustion.
(d) Eustress, because the optimal arousal level is making him highly energetic and productive.

Ans :

(d) Eustress, because the optimal arousal level is making him highly energetic and productive.
Hans Selye defined eustress as an optimal level of stress that is beneficial and helps an individual remain energetic, productive, and successfully achieve goals. Elaborate preparations with high enthusiasm, as demonstrated by Mr. Sharma, indicate that his stress level is functioning as eustress (represented by the energetic balloon), rather than harmful distress or neutral neustress.

37. Observe the image below and answer the following question.



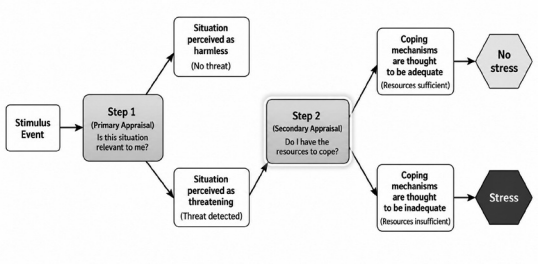
Kavita has been working 14-hour shifts for six months to save her failing business. Recently, she has developed severe, recurrent infections and feels entirely depleted of energy. Based on the biological response model shown in the graph, what does the section indicated by the red arrow represent in her case?

(a) Her sympathetic nervous system is suddenly activated to prepare for an immediate fight.
(b) Her body is rapidly mobilizing glucose to provide energy for a prolonged resistance.
(c) Her physiological resources have continuously depleted, collapsing her capacity to respond.
(d) Her primary cognitive appraisal has suddenly classified the business failure as harmless.

Ans :

(c) Her physiological resources have continuously depleted, collapsing her capacity to respond.
According to Hans Selye's General Adaptation Syndrome (GAS), the third phase is the exhaustion stage. If exposure to a stressor persists, the body's resources and resistance continuously deplete, ultimately collapsing. Kavita's severe infections and depleted energy indicate her body can no longer fight back, which corresponds to the sharp downward curve in the graph.

38. Observe the image below and answer the following question.



Rajesh recently received a foreclosure notice for his apartment. After initially realizing the severity of the threat, he sits down to evaluate whether his savings, legal options, and family support are sufficient to handle this crisis. Which specific psychological process is Rajesh engaging in, as highlighted by 'Step 2' in the flowchart?

(a) Assessing the potential level of damage that has already been caused by the event.
(b) Determining the availability and likelihood of success of his internal coping resources.
(c) Categorizing the sudden stressful situation objectively as either a challenge or entirely harmless.

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Identify the defense mechanism Amit is using to vent his negative emotions.

Ans :

Displacement

75. A therapist attaches sensors to Priya's body to help her monitor her increased heart rate during panic attacks, gradually teaching her mental exercises to consciously lower her physiological arousal.
Name the specific stress management technique being employed by the therapist.

Ans :

Biofeedback

76. To calm himself before public speaking, Varun practices a method where he systematically tightens and then releases different muscle groups in his body.
Which specific relaxation technique is Varun practicing?

Ans :

Progressive muscle relaxation

77. When Ritu's friends pressure her to skip classes and go for a movie, she confidently and clearly says 'no' without feeling guilty, as she wants to focus on her studies.
Which psychological wellness ability is Ritu demonstrating to manage stress?

Ans :

Assertiveness

78. Ananya is stressed about her university applications. Her elder cousin sits down with her and gives her practical advice, suggestions, and tips on how to prepare for the entrance interviews.
Identify the specific type of social support Ananya is receiving.

Ans :

Informational support

79. Rajiv is torn between choosing a secure medical career as his parents wish, or pursuing his true passion for fine arts, leading to immense mental tension.
Explain briefly the specific internal factor generating stress for Rajiv.

Ans :

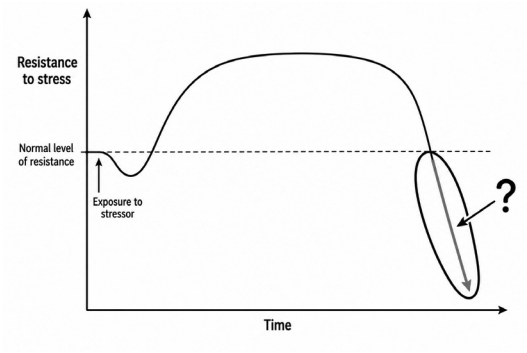
His stress is generated from an internal conflict.

80. As per the stress response curve, when the management increased targets moderately, the employees showed high productivity and managed the pressure well without breaking down.
What is this specific area on the stress response curve called before the point of fatigue sets in?

Ans :

Comfort zone

81. Observe the image below and answer the following question.



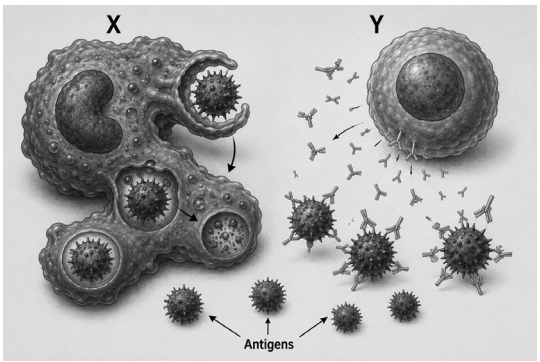
NODIA

Identify the specific stage of the biological response to stress highlighted by the red circled section in the graph.

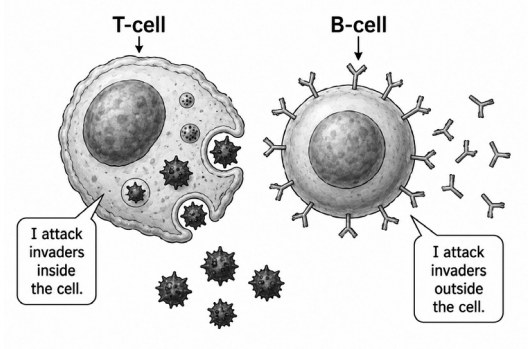
Ans :

Exhaustion stage.

82. Observe the image below and answer the following question.



Identify the specific type of white blood cell labeled 'X' that is depicted destroying the foreign elements by engulfing them.



Ans :

Prolonged stress severely drains the resources of the complex immune system, making the body highly vulnerable.

1. The immune system is the vital mechanism by which the body recognizes and destroys harmful foreign antigens like bacteria, viruses, and cancerous cells to maintain stable physical well-being.
2. When foreign antigens enter the body, specific white blood cells called lymphocytes multiply rapidly. T-cells function by directly attacking these antigens and destroying them by completely engulfing them.
3. Furthermore, T-cells are strictly responsible for destroying the body's own internal cells that have already been severely infected by viruses or have unfortunately mutated to become dangerously cancerous.
4. The B-cells function by producing antibodies, which are specialized chemical substances that neutralize foreign antigens outside the cells, but their overall effectiveness significantly drops during prolonged stress exposure.

111. Rohan recently lost his job. Initially, he felt it was a disaster that would ruin his life, but later he evaluated how he could use his savings and skills to start his own small business.

(i) Identify the psychological model of stress demonstrated here.

(ii) Explain the two stages of assessment Rohan underwent according to this model.

Ans :

(i) This demonstrates the Cognitive Appraisal Model of stress proposed by researchers Lazarus and Folkman.

(ii) Rohan continuously evaluates his highly stressful situation through two specific stages of cognitive appraisal.

1. Primary appraisal occurs when individuals primarily try to judge the stressor and its probable influence on them. Rohan initially evaluates the job loss as threatening, considering the severe future damage it may likely bring about regarding his financial stability and his personal well-being.
2. Secondary appraisal involves the person's perception of how they can deal with the situation effectively. Instead of being completely overwhelmed, Rohan assesses his available coping resources, such as his accumulated personal savings and professional skills, to thoughtfully handle the stressful event.
3. The primary cognitive appraisal classifies situations as either harmful, threatening, or challenging. While Rohan initially viewed it as a distinct threat, his secondary appraisal helped him perceive it as challenging, making him highly confident to take adaptive responses like starting a business.

112. Meera is highly ambitious, constantly rushes to meet deadlines, and gets easily agitated when delayed. In contrast, her brother Kabir is always relaxed, optimistic, and easily manages his difficulties without panicking.

(i) Identify the exact behavioural categories that best describe Meera and Kabir.

(ii) Discuss how these specific categories impact their susceptibility to stress and illness.

Ans :

(i) Meera clearly exhibits a Type-A personality, while Kabir possesses a Type-B personality.

(ii) These distinct personality types greatly influence how an individual experiences and handles everyday psychological stress.

1. Individuals with Type-A personality, like Meera, are high achievers, heavily competitive, and chronic workaholics. Their extremely high aspiration levels make them significantly more stressed, as they constantly strive to complete numerous complex tasks within very strict time limits without ever truly relaxing.

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90. Study the relation between the first two words/ phrases and then fill in the fourth word.
Erosion of protective stomach lining : Ulcer :: Inflammation of bronchial tubes : _____

Ans :

Asthma

91. State whether the following is True or False.
During an immune system response, the white blood cells known as T-cells produce chemical substances called antibodies that neutralise foreign antigens.

Ans :

False

92. State whether the following is True or False.
Individuals with an external locus of control are generally more susceptible to stress because they tend to take too much personal responsibility and blame themselves completely when things go wrong.

Ans :

False

93. State whether the following is True or False.
In the cognitive appraisal model, the secondary appraisal stage occurs simultaneously with the primary stage or acts as the cause behind it, rather than just being a consequence of it.

Ans :

True

94. State whether the following is True or False.
During the burnout phase known as fuel shortage, an individual experiences a vague feeling of loss, fatigue, and sleep disturbances, which often induces behaviors like eating, smoking, or drinking.

Ans :

True

95. State whether the following is True or False.
Sublimation is regarded as a mature defense mechanism in which socially disapproved impulses are gradually transformed into socially approved actions or endeavors.

Ans :

True

NODIA

FOUR MARKS QUESTIONS

96. Rakesh was recently transferred to a new city for his job. Initially, he felt extremely anxious, thinking about the potential damage this move could cause to his family life. However, he soon started evaluating his available resources and coping mechanisms to handle this shift.
Based on the cognitive appraisal model, answer the following:
(i) Identify the specific psychological process Rakesh underwent when he evaluated his coping resources.
(ii) Explain the initial evaluation phase Rakesh experienced before assessing his resources, along with its three possible alternative evaluations.

Ans :

(i) The specific psychological process Rakesh underwent when he evaluated his coping resources is the secondary appraisal stage.
(ii) The initial evaluation phase is the primary appraisal stage, where individuals try to judge the stressor through three alternative evaluations:
1. Harmful evaluation indicates the subjective assessment of the level of damage that has already been done by an adverse event, which consequently makes the person feel highly stressed, devastated, and completely overwhelmed by the negative situation that has already occurred in their life.
2. Threatening evaluation occurs when an individual experiences significant stress by keenly anticipating and considering the potential future damage or severe negative consequences that may likely be brought about by the new, unpredictable, and unfamiliar situation they are currently confronting in life.
3. Challenging evaluation means a highly positive stress develops within the individual, making them feel much more confident and deeply motivated to take proactive, adaptive responses to effectively overcome the demanding stressful situation and ultimately succeed in achieving their desired goals without fear.

Ans :

T-cells.

83. Observe the image below and answer the following question.

AT OFFICE
RAKESH! WHERE IS THE REPORT? THIS IS NOT ACCEPTABLE! YOU ARE USELESS!
RAKESH
AT HOME
HOW MANY TIMES I TOLD YOU! CAN'T YOU DO ANYTHING PROPERLY?

Name the specific unconscious ego-defense mechanism Rakesh is using in the second panel to cope with the frustration from his workplace.

Ans :

Displacement.

84. Observe the image below and answer the following question.

You need to finalize the sales pitch immediately!
Stop everything and audit these financial reports!
Forget sales, your primary duty is to fix the IT network now!
SURESH
Official Job Profile
?
PENDING TASKS
URGENT
FOLLOW UP

Explain briefly the specific work-related stressor Suresh is experiencing due to the lack of clearly defined job responsibilities.

Ans :

Role ambiguity.

85. Observe the image below and answer the following question.

According to Veninga and Spardley, which specific stage of burnout is Ananya currently experiencing in her new job?

Ans :

Honeymoon phase.

86. Study the relation between the first two words/ phrases and then fill in the fourth word.
Lack of rest and sleep : Physiological stressor :: Extreme temperature : _____

Ans :

Environmental stressor

87. Study the relation between the first two words/ phrases and then fill in the fourth word.
Adrenal medulla : Epinephrine :: Adrenal cortex : _____

Ans :

Cortisol

88. Study the relation between the first two words/ phrases and then fill in the fourth word.
Attributing blame to others : Projection :: Directing anger to a safer target : _____

Ans :

Displacement

89. Study the relation between the first two words/ phrases and then fill in the fourth word.
Blaming circumstances or fate : External locus of control :: Taking too much responsibility : _____

Ans :

Internal locus of control

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immediate stressful situation.

(ii) Explain this strategy and describe two other unconscious processes that save the ego from guilt but are considered ineffective stress management.

Ans :

(i) The specific unhealthy coping strategy Rohan has used to deal with his immediate stressful situation is the defense mechanism of displacement.

(ii) According to psychoanalytic theory, these unconscious processes save the ego from anxiety-provoking thoughts but indicate delayed emotional development:

1. Displacement occurs when a person views that it is dangerous or socially disapproved to show aggression towards others, so they direct their severe aggression to a much safer target on which they can easily and safely vent their negative emotions without facing retaliation.
2. Rationalization happens when individuals try to logically justify their entirely unacceptable behaviour or feelings as acceptable and rational, deliberately avoiding the true reasons behind the behaviour, such as eating an extra piece of cake by saying it shouldn't be completely wasted away.
3. Reaction formation involves individuals realising that their own feelings are uncomfortable, leading them to develop conscious attitudes and behaviour patterns that are just the opposite, essentially replacing their socially unacceptable feelings or thoughts by forcefully projecting a completely different socially approved behaviour.

100. Despite facing tremendous financial difficulties and academic pressure, Kavita views these situations not as emotional burdens, but as opportunities to prove her mettle. She feels deeply involved in her studies and strongly believes she can influence her life's outcomes.

Based on effective lifestyle choices, answer the following:

(i) Identify the specific personality factor that helps Kavita resist stress to a great extent.

(ii) Explain the three important qualities of this personality factor that empower individuals like Kavita to effectively combat stressful circumstances.

Ans :

(i) The specific personality factor that helps Kavita resist stress to a great extent is known as hardiness.

(ii) Hardiness acts as an effective lifestyle response and consists of three vital qualities that help individuals resist immense stress:

1. Commitment is the first essential quality, wherein the individual remains deeply involved and wholeheartedly dedicated to their ongoing activities, rather than feeling alienated, ensuring they stay firmly connected to their primary life goals regardless of any stressful environmental changes or severe external pressures.
2. Challenge is the second defining quality, which involves taking difficult situations as a progressive opportunity for personal growth and development, rather than rigidly considering those unpredictable situations as purely stressful and emotionally overwhelming threats to their overall daily functioning and peace.
3. Control is the third integral quality, reflecting the individual's strong internal belief that they possess the true capability to actively influence and manage the various events, circumstances, and ultimate outcomes occurring within their own personal and professional life domains effectively and efficiently.

101. During a jungle safari, a tiger suddenly jumped onto the path of Arun's jeep. Instantly, Arun's heartbeat spiked and his blood pressure shot up. However, after a few minutes, his body seemed to tune up fast to react and provide energy to run.

Based on the biological response models to stress, answer the following:

(i) Describe the initial biological reaction phase Arun experienced immediately after encountering the unfamiliar threat.

(ii) Explain the subsequent rebound reaction phase that mobilised energy in Arun's body to help him fight or flee.

Ans :

(i) The initial biological reaction Arun experienced is the alarm stage:

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97. Meera, a dedicated software engineer, has been working late nights for months. Lately, she feels totally exhausted, suffers from high blood pressure, and her friends notice she has become highly pessimistic and obsessed with work-related frustrations. She feels oppressed by her job.

Based on the psychological effects of excessive workload, answer the following:

(i) Identify the specific psychological condition Meera is experiencing due to prolonged exposure to workplace stressors.

(ii) Explain the last three progressive stages of this condition that Meera might have gone through or will go through.

Ans :

(i) The specific psychological condition Meera is experiencing due to prolonged exposure to excessive workplace stressors is called burnout.

(ii) Veninga and Spardley identified five distinct stages of this psychological condition, with the last three progressive stages being:

1. Chronic symptom is the third stage where the individual experiences continuous physical illness, deep anger, and their feelings of depression intensify, making them clearly realise the severe physical toll the relentless work pressure is taking on their daily functioning and overall health and wellbeing.
2. Crisis is the fourth stage occurring after a prolonged period of feeling stressed, where one becomes completely obsessed with work-related frustrations, develops a heightened pessimism, low self-confidence, an escapist mentality, and pronounced physical ailments like severe ulcers or extremely high blood pressure issues.
3. Hitting the wall is the final stage characterised by the total exhaustion of one's ability and energy to adapt to their surroundings, causing symptoms so prominent that it becomes practically impossible for the individual to continue functioning on the job and performing duties.

98. Sameer is highly competitive, always trying to complete multiple tasks within strict deadlines, and rarely relaxes. In contrast, his colleague David suppresses all his negative emotions like anger and hostility, rarely expressing them to avoid disrupting his equilibrium.

Based on individual differences in stress susceptibility, answer the following:

(i) Identify the specific category of internal factors causing stress being illustrated by both Sameer and David.

(ii) Discuss the behavioural characteristics and the resulting health impacts for the exact classifications that Sameer and David belong to, and mention the third classification.

Ans :

(i) The specific category of internal factors causing stress illustrated by Sameer and David is their distinct personality types.

(ii) Usually, three different types of personality have different impacts on an individual's susceptibility to stress and physical diseases:

1. Sameer illustrates the Type-A personality, comprising individuals who are high achievers, extremely ambitious, competitive, and workaholics with high aspiration levels, making them consistently stressed, never relaxed, and placing them at a significantly greater risk of suffering from sudden and fatal cardiac arrests in life.
2. David illustrates the Type-C personality, where people suppress all their negative feelings like anger, hostility, and rage, which severely disrupts their internal equilibrium and immune system, consequently making their bodies weak and less resistant to chronic diseases like severe forms of lung cancer.
3. The third classification is the Type-B personality, describing individuals who are basically optimists and the exact opposite of Type-A people, as they manage stressful situations properly due to normal aspiration levels and a positive attitude, meaning they seldom feel stressed in their daily lives.

99. After a severe argument with his manager at the office, an extremely furious Rohan returned home and harshly scolded his innocent children for a minor mistake. He felt he could not show his anger to his manager safely.

Based on psychoanalytic perspectives on coping, answer the following:

(i) Identify the specific unhealthy coping strategy Rohan has used to deal with his

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about their exact job responsibilities, leading to decreased motivation, lower efficiency, and a massively accentuated level of workplace stress.
2. Difficult or unpleasant work environment involves negative physical working conditions such as extreme noise, over-illumination through fluorescent lighting, extreme humidity, or working closely with chemical substances, all of which directly cause severe stress and significantly increase the employee's overall fatigue.
3. Relation with other employees highlights that relationships with co-workers, reporting heads, senior management, and subordinates must always remain cordial, as unfriendly colleagues and an unsupportive team environment invariably prove highly detrimental to the individual's mental health and performance at work.
4. High workload or underload occurs when the required amount of work expected from the person does not match their actual ability to handle it efficiently, producing intense feelings of insecurity, boredom, humiliation, and deep neglect in the professional sphere.

104. Sneha finds it incredibly difficult to unwind after a chaotic day at college. Her counsellor advises her to activate her body's natural relaxation response by consciously disrupting her disturbed homeostasis to achieve a state of calmness.
Explain four popular techniques Sneha can easily practice to systematically restore her biological homeostasis and improve her mental well-being.

Ans :

Sneha can reduce stress by adopting these specific relaxation techniques to restore homeostasis and achieve deep calmness:
1. Deep breathing meditation is a highly accessible technique that is exceptionally easy to learn and can be practiced almost anywhere, primarily involving the process of taking in full, cleansing breaths to slowly ease inner physical tension and promote deep relaxation.
2. Progressive muscle relaxation involves a very systematic two-step physical process in which one has to consciously and sequentially tense and then immediately relax different muscle groups, which directly leads to the complete physiological relaxation of both the mind and body.
3. Body scan meditation serves as an incredibly focused internal relaxation technique that actively helps the person to deeply feel and become acutely aware of the various subtle physical sensations and tensions that continuously occur throughout the entirety of their body.
4. Mindfulness refers to the psychological process of deliberately focusing on and becoming fully aware of all internal and external experiences of the present moment, as staying calmly focused on the present significantly improves an individual's overall mental well-being over time.

105. Whenever exams approach, Priya feels burdened by the expectations of her family, lack of proper sleep, constant power cuts in her locality, and her own intense feelings of frustration regarding her academic capabilities.
Discuss the four main categorised groups of factors that trigger stress, linking each explicitly to the various challenges Priya is currently facing.

Ans :

Stressors are various biological, environmental, social, or psychological factors that trigger and significantly aggravate a person's tension:
1. Physiological stressors include adverse bodily conditions such as excessive exercise, chronic pain, physical injury, severe diseases, and a sheer lack of proper sleep, which Priya is directly experiencing due to her consistently poor sleeping habits as her vital exams approach.
2. Environmental stressors encompass external surroundings like pollution, extreme temperature, lack of proper illumination, excessive noise, crowding, and persistent power cuts in the locality, which heavily disrupt Priya's ability to maintain her focus and continuously study effectively in her own home.
3. Social stressors are found in personal, familial, and work situations, including intimate relationship breakups or lack of healthy relationships with parents, clearly reflected in Priya feeling heavily burdened by the overwhelmingly high academic expectations imposed by her demanding family members.
4. Psychological stressors mainly focus on emotion-inducing factors activated by

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1. When suddenly exposed to a threatening and unfamiliar stimulus, an immediate physiological reaction occurs wherein the sympathetic division of the autonomic nervous system gets fully activated to rapidly prepare the human body for extensive physical action against the danger.
2. This sudden activation leads to a substantial increase in blood pressure, heartbeat, and glucose levels, alongside the rapid release of a stress hormone named adrenaline, which specifically helps the individual to confront and manage the sudden external environmental threat.

(ii) The subsequent rebound reaction phase is the resistance stage:

1. This stage operates as a critical rebound reaction phase to the initial stimulation, where after the first level of arousal, the body quickly tunes up fast to react effectively and manage the persistent stressor that has presented itself.
2. The continued secretion of adrenaline mobilizes glucose, providing the necessary energy for fight or flight, and causing initial shock symptoms to disappear completely because the organism now fully recognises and knows that the threatening external stressor truly exists.

102. After enduring a highly toxic work environment for over a year, Nita has started falling ill very frequently. Her doctor explained that her body's internal defence mechanism has been severely compromised due to continuous stress, reducing her ability to destroy foreign elements.
Based on the physiological impact of stress, answer the following:

(i) Describe how prolonged stress biochemically breaks down Nita's internal defence mechanism involving specific foreign elements and white blood cells.

(ii) Explain the biological impact of prolonged cortisol accumulation on this system, and state how effective coping strategies can mitigate this.

Ans :

(i) Stress seriously compromises the immune system's defensive cellular mechanisms:

1. The immune system functions to recognise and effectively destroy potentially harmful foreign elements called antigens, including dangerous bacteria, viruses, and cancerous cells, thereby preventing these intruding germs from causing various severe infectious diseases within the affected individual's vulnerable body.
2. When antigens enter, white blood cells called lymphocytes multiply. T-cells attack and destroy antigens by engulfing them, while B-cells produce chemical antibodies that actively neutralise the antigens. However, continuous chronic stress severely reduces these incredibly vital protective lymphocyte levels.

(ii) Prolonged stress triggers hormonal changes, but effective coping helps:

1. Constant stress leads to a prolonged accumulation of cortisol, which relentlessly breaks down necessary proteins to supply fuel. This severely impairs the immune system because these essential proteins are strictly required for manufacturing the vital white blood cells.
2. Adopting effective coping methods like doing regular exercise, maintaining genuine optimism, and developing strong feelings of control over stressful events can significantly prevent this adverse effect on immunity, ensuring the individual experiences much lesser immunity-related health issues over time.

103. Amit joined a prestigious corporate firm recently. However, his manager never clearly explained his actual duties, and he is often forced to sit in a highly fluorescent, extremely noisy cubicle. Furthermore, his peers are very unfriendly.
Discuss the four specific causes of work-related stress that are evident or possible in a highly competitive corporate environment like the one Amit is currently experiencing.

Ans :

A highly competitive work culture comprises several related factors that singly or jointly produce significant psychological stress:

1. Role ambiguity arises when a person's role in the organisation is not clearly defined, leaving them highly confused and uncertain

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108. Observe the contrasting workplace scenarios depicted below and answer the following questions.

(i) Based on the chapter, explain the distinct psychological profile of the individual depicted on the left side of the image.

(ii) Discuss the contrasting psychological profile of the individual on the right and describe the remaining third category belonging to this classification.

Ans :

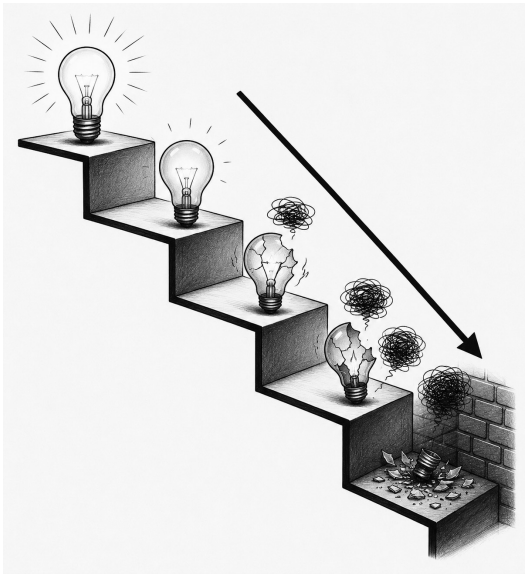
(i) The left side illustrates a highly stressed professional exhibiting specific traits.

1. This depicts a Type-A personality where individuals are ambitious, extremely competitive high achievers who function as continuous workaholics with an urge to achieve much more than others.
2. Their high aspiration levels make them highly stressed since they desperately want to complete a lot of work within strict time limits, staying unrelaxed and risking cardiac arrests.

(ii) The right side shows a relaxed professional and introduces a third type.

1. The right side illustrates a Type-B personality, who are basically optimists capable of managing stressful situations properly due to their normal aspiration levels and overwhelmingly positive attitudes.
2. The remaining Type-C personality describes individuals who constantly suppress all negative feelings like anger and hostility, entirely disrupting their equilibrium and weakening their immune system significantly against diseases.

109. The image symbolically traces a professional's downward psychological journey. Describe the first four distinct stages of this specific occupational condition as identified by Veninga and Spardley.



Ans :

The image depicts the progressive stages of workplace burnout. The first four stages are:

1. Honeymoon stage is marked by a remarkably high level of satisfaction, commitment, excitement, enthusiasm, pride, and creativity to eagerly meet the various stressors associated with a brand new job.
2. Fuel shortage stage begins with a vague feeling of loss, fatigue, sleep disturbances, and confusion, inducing habits like smoking or eating, as the person starts becoming aware of job dissatisfaction.
3. Chronic symptom stage is characterized by a significant intensification of chronic exhaustion, severe physical illness, deep-seated anger, and overwhelming depression that completely consumes the struggling working individual.
4. Crisis stage occurs after a prolonged period of stress where the person feels oppressed, obsessed with work-related frustrations, and develops an escapist mentality with pronounced physical ailments like ulcers.

110. Based on the provided biological diagram, discuss how prolonged stress negatively impacts the depicted internal mechanism and explain the specific functions of the two labelled cells.

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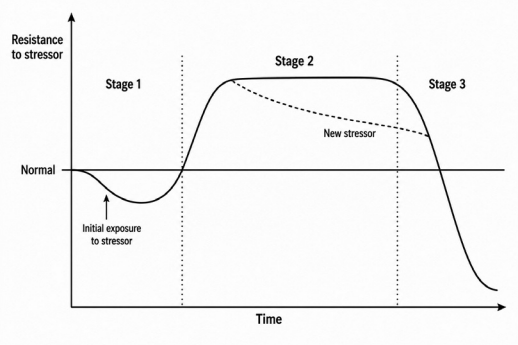
situations we cannot manage, triggering deep negative feelings like intense conflict, severe guilt, and the specific personal frustration Priya currently feels regarding her own perceived lack of necessary academic skills and capabilities.

106. Observe the graphical representation given below and answer the following questions.



(i) Identify the specific theoretical model depicted in the given graph.
(ii) Describe the three stages of physiological reaction labeled as Stage 1, Stage 2, and Stage 3 in the image.

Ans :

(i) The image exactly depicts the General Adaptation Syndrome (GAS) model developed by researcher Hans Selye.
(ii) The model illustrates the body's reaction to stress through three closely related physiological processes:
1. Alarm stage involves an immediate reaction to an unfamiliar stimulus where the sympathetic nervous system activates, rapidly increasing blood pressure, heartbeat, and adrenaline release to prepare the body for extensive action.
2. Resistance stage is a rebound reaction phase where the body tunes up fast, and adrenaline mobilizes glucose providing energy for fight or flight, causing previous symptoms to disappear due to increased resistance power against the specific stressor.
3. Exhaustion stage sets in if exposure to the stressor persists, gradually causing the body's vital resistance to break down continuously, completely depleting resources, which can lead to severe burnout, sickness, or life-threatening infections.

107. Study the behavioural sequence illustrated below and answer the questions that follow.

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(i) Identify the specific ineffective stress management strategy depicted in the given image.
(ii) Describe how this process operates and briefly explain two other ineffective strategies from the same broad category.

Ans :

(i) The image identifies the ego-defense mechanism known as displacement, an ineffective stress management strategy.
(ii) These unconscious processes are adopted to save the ego from anxiety-provoking thoughts:
1. Displacement occurs when a person views it as dangerous to show aggression towards a threatening source, so they aggressively direct their negative emotions safely onto a weaker, substitute target like a child.
2. Rationalization happens when individuals try to justify their socially unacceptable behaviour or feelings by providing logical or rational excuses, thereby actively avoiding the true, underlying reasons for their actual problematic behaviour.
3. Projection involves a situation where an individual simply cannot admit their own unacceptable thoughts or feelings, so they attribute the blame and actively ascribe these exact negative emotions to other people.

2. Because Type-A individuals create an immense amount of internal pressure on themselves, their levels of excitement, anger, and tension remain persistently high. Consequently, they experience chronic psychological stress and are constantly at a much greater risk of suffering from severe cardiac arrests.
3. Conversely, Type-B individuals like Kabir are basically natural optimists and the exact opposite of Type-A people. They easily manage complex stressful situations properly due to their normal levels of aspiration and a positive attitude towards life, meaning they seldom feel stressed or overwhelmed.

113. After working tirelessly for months without a break, Sameer feels completely drained of energy. He has started calling in sick frequently, feels entirely hopeless about his career, and suffers from chronic headaches.
(i) Identify the psychological condition Sameer is currently experiencing.
(ii) Explain the first three stages of this condition as identified by researchers.

Ans :

(i) Sameer is experiencing burnout, a debilitating psychological condition brought on by excessive work stress.
(ii) Veninga and Spardley identified five distinct sequential stages of this severe psychological condition.
1. The first stage is the Honeymoon phase, which is initially marked by a remarkably high level of satisfaction, commitment, excitement, enthusiasm, pride, and creativity. During this period, the individual uses these positive feelings to effectively meet the stressors associated with their new job.
2. The second stage is Fuel shortage, where a vague feeling of loss, relentless fatigue, sleep disturbances, and intense confusion starts. This induces unhealthy habits like overeating or smoking, and the person gradually starts becoming aware to some extent of their underlying job dissatisfaction.
3. The third stage is Chronic symptom, where the individual experiences profound chronic exhaustion. Physical illnesses begin to manifest prominently, while psychological symptoms like intense anger and deep depression intensify, completely draining the individual's remaining energy reserves and significantly lowering their general resistance to illness.

114. When Priya was struggling with her final year project, her brother gave her money to buy materials, her professor guided her on the methodology, and her friends constantly boosted her confidence.
(i) Identify the specific coping mechanism provided by Priya's social circle.
(ii) Highlight and describe the three components of this mechanism experienced by Priya.

Ans :

(i) Priya is receiving familial and social support to effectively overcome her stressful academic situation.
(ii) Healthy social support comprises three distinct types that help individuals navigate through traumatic experiences.
1. Tangible support involves directly supporting or helping others by providing physical or material aid. In Priya's case, her brother demonstrates this specific type of support by giving her the necessary financial assistance and money required to purchase essential materials for her project.
2. Informational support extends in the form of giving certain necessary information, useful suggestions, or expert advice in times of profound stress. Priya receives this critical support when her knowledgeable professor actively guides her regarding the complex methodology needed for her final year project.
3. Emotional support is generally provided by close friends and family members who boost the inner confidence of a stressed individual. Priya's friends deliver this by constantly encouraging her, helping her believe that she can fight the stress properly and complete her project successfully.

115. A young man with aggressive tendencies channels his intense anger by training rigorously to become a professional boxer. However, when he loses a match, he comes home and yells at his younger brother.

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Ans :

(i) The specific physiological mechanism in Aryan's body that was severely impaired by his prolonged anxiety is the immune system.

(ii) Prolonged exposure to stressors like academic pressure, daily hassles, and loneliness severely interferes with personal health by draining the body's resources:

1. The immune system constitutes the complex mechanism by virtue of which the body is able to recognise and destroy potentially harmful foreign agents and elements, called antigens, such as bacteria, viruses, infection-producing germs, and cancerous cells.
2. When antigens enter the body, white blood cells called lymphocytes multiply. T-cells directly attack and destroy these invaders by engulfing them, while B-cells produce antibodies, which are chemical substances that neutralise the harmful antigens.
3. However, sustained stress severely impairs this internal mechanism. Excess cortisol breaks down the proteins urgently required for manufacturing white blood cells, disrupting the production of lymphocytes, thereby making the stressed individual highly vulnerable to various viral ailments and infections.

135. During a sudden corporate restructuring, Neha and Karan received notice that their department would face major role changes. Karan panicked, perceiving the event as an immediate danger to his career, and resorted to unhealthy substance abuse. Conversely, Neha viewed the changes confidently as an opportunity to learn new skills and began actively planning adaptive responses.

(i) Identify the psychological model that explains the differing responses of Neha and Karan to the same environmental situation.

(ii) Based on this model, describe the two stages of cognitive evaluation that led to Neha's positive response and Karan's negative coping mechanism.

Ans :

(i) The differing responses of Neha and Karan are explained by the Cognitive Appraisal Model of stress, proposed by Lazarus and Folkman.

(ii) This approach focuses on the individual's response pattern depending on their perception of the stressful situation and their abilities to handle it:

1. In the primary appraisal stage, individuals judge the situation's probable influence. Karan perceived it as threatening, considering future damage, while Neha perceived it as challenging, developing a positive stress that made her confident to take adaptive responses to overcome the situation.
2. The secondary appraisal stage occurs simultaneously and involves the person's perception of how they can deal with the situation using available coping resources and the likelihood of successful employment.
3. During secondary appraisal, Neha evaluated that she could deal with it effectively by thinking of positive coping strategies like planning. Conversely, Karan evaluated the situation negatively, feeling his resources were inadequate, and resorted to ineffective coping methods like substance abuse.

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136. Anita recently moved to a densely populated, highly polluted metropolitan city for a new job. She constantly struggles with the loud noise from the streets and extreme humidity. Furthermore, within her new workplace, she faces an autocratic leadership style, clear discrimination in promotion policies, and a distinct lack of teamwork among colleagues.

(i) Describe the category of factors triggering stress related to Anita's new residential surroundings.

(ii) Explain the category of stress-inducing factors she is experiencing within her specific workplace domain.

Ans :

(i) Anita is experiencing environmental stressors in her new residential surroundings, which significantly aggravate her chances of feeling stressed:

1. Environmental stressors include various adverse physical conditions present in the natural or surrounding environment, such as different kinds of pollution, excessive humidity, and extreme temperatures.

caffeine, significantly promotes acidic secretions.

2. This continuous build-up of excess stomach acids gradually erodes the protective lining of her digestive tract, directly creating these painful ulcers. Thus, her demanding corporate responsibilities and reliance on excessive coffee have critically disrupted her normal digestive homeostasis and bodily equilibrium.
3. Her breathing difficulties suggest asthma, a chronic psychosomatic lung disease that severely inflames and narrows the bronchial tubes. Environmental stress and stressful life events act as significant risk factors, making her highly anxious and trapping her within a vicious cycle of stress, asthma, and anxiety.

118. An employee joined a new firm but was not given a clear job description. Additionally, the office has overwhelming fluorescent lighting, and the expected daily output far exceeds human capacity.

(i) Identify the primary environmental source of stress affecting this employee.

(ii) Discuss three distinct reasons causing distress to the employee in this environment.

Ans :

(i) The primary environmental source significantly affecting this employee is severe work-related stress.

(ii) The complex present-day work culture comprises multiple stress-producing factors that operate singly or in combinations.

1. The employee is experiencing role ambiguity because his exact job responsibilities in the organization are not clearly defined. This lack of clarity leaves him utterly confused and uncertain about his duties, which severely decreases his workplace motivation and efficiency while accentuating his overall stress levels.
2. He is suffering from high workload since the massive amount of work and expected output drastically mismatch his human ability. Being forced to handle this unrealistic workload efficiently produces intense feelings of insecurity, frustration, and eventual burnout due to a lack of adequate personal resources.
3. The individual is facing a difficult or unpleasant work environment characterized by poor physical working conditions. The presence of over-illumination through harsh fluorescent lighting acts as a direct physical stressor that steadily increases his daily fatigue and creates an extremely uncomfortable psychological atmosphere.

119. Neha has been preparing for highly competitive entrance exams for two years. Lately, she falls sick very often, catching viral fevers and infections more frequently than her peers.

(i) Which specific internal biological system of Neha has been compromised by her academic pressure?

(ii) Explain how prolonged exposure to this pressure alters the functioning of this bodily system.

Ans :

(i) Neha's academic pressure has severely compromised her complex immune system, reducing her bodily defenses.

(ii) Stress drains off an individual's vital resources, highly disturbing their physiological capability to fight infections.

1. The immune system constitutes the protective mechanism by virtue of which the human body recognizes and destroys potentially harmful foreign agents called antigens. These dangerous antigens include invading bacteria, infectious viruses, other disease-producing germs, and even potentially fatal cancerous cells entering the system.
2. When antigens enter the body, specialized white blood cells called lymphocytes multiply to fight them. T-cells directly attack the antigens and destroy them by engulfing them, while B-cells produce chemical substances called antibodies that effectively neutralize these harmful foreign elements to maintain physical health.
3. Prolonged exposure to stressors like academic pressure severely interferes with this normal functioning. Under continuous stress, the protective level of lymphocytes reduces significantly, making vulnerable individuals like Neha experience weakened immunity and rendering them highly susceptible

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(i) Identify the psychological concept that explains both his career choice and his reaction to losing.
(ii) Describe the two specific strategies he employed in the given scenario.

Ans :

(i) He is utilizing unconscious ego-defense mechanisms to protect himself from anxiety-provoking, socially unacceptable impulses.
(ii) The individual adopts two distinctly different defense mechanisms to cope with his negative emotions.
1. Sublimation is a mature defense mechanism where socially disapproved aggressive impulses are gradually transformed into socially approved actions. By rigorously training to become a professional boxer, the young man successfully channels his dangerous anger into a productive, socially acceptable sport and athletic endeavor.
2. Displacement occurs when a person views that it is completely dangerous or socially disapproved to directly show his aggression towards the actual source. He instead redirects his intense anger towards a much safer target on which he can vent his negative emotions safely.
3. In this scenario, he cannot realistically show his aggression toward his victorious opponent after losing the match. Therefore, he utilizes displacement by unfairly directing his intense frustration and yelling at his innocent younger brother, who represents a completely safe and vulnerable alternative target.

116. Arjun believes that his continuous failures in business are entirely his own fault and feels immense guilt. Meanwhile, his partner blames the failing economy and bad luck for their professional setbacks.
(i) Identify the specific internal factor influencing how they perceive their situation.
(ii) Explain the two variations of this factor exhibited by Arjun and his partner.

Ans :

(i) The internal factor influencing their contrasting perceptions is their individual locus of control.

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(ii) Locus of control refers to a person's perception regarding the amount of control they possess.
1. Individuals with an internal locus of control, like Arjun, take entirely too much personal responsibility upon themselves. They are highly susceptible to stress because they suffer from intense guilt feelings, blaming themselves completely for anything and everything that goes wrong in their life.
2. Conversely, people with an external locus of control, like Arjun's partner, adamantly refuse to take personal responsibility for anything. If things go wrong, they invariably attribute their failures to external circumstances, unpredictable fate, bad luck, or the unfortunate faults of their fellow teammates.
3. Those with an external locus of control manage their stress differently by venting their emotions easily and sharing them with others. Because they believe external environmental factors dictate outcomes, they experience less immediate guilt compared to those harboring an internal locus of control.

117. Since taking over as the regional head, Sunita has been constantly stressed and relies heavily on fast food and coffee. Recently, she was diagnosed with severe stomach pain and breathing difficulties.
(i) What category of medical conditions is Sunita likely suffering from due to her mental state?
(ii) Describe the two specific illnesses she has developed based on her physical symptoms.

Ans :

(i) Sunita is suffering from psychosomatic disorders, where psychological troubles adversely affect the body's physiological mechanisms.
(ii) The strong interconnection between her stressed mind and body has manifested into two distinct diseases.
1. Sunita's severe stomach pain indicates the formation of ulcers, which are painful holes or breaks found within the protective lining of the stomach or duodenum. Prolonged mental stress, coupled with poor lifestyle habits like consuming excessive fatty foods and

a two-step process in which the stressed individual has to systematically tense and deeply relax different major muscle groups across their entire body.

2. By intentionally focusing on the physical sensations of muscular tension followed immediately by total release, the client successfully disrupts physiological homeostasis. This highly effective procedure ultimately leads to the profound relaxation of both their agitated mind and exhausted body.

(ii) Relaxation techniques help restore psychological calmness by producing a deep relaxation response.

1. The second therapeutic method instructed by the professional is mindfulness. Mindfulness is the deliberate psychological process of continuously focusing and becoming completely aware of all internal and external experiences occurring strictly within the current present moment.
2. By practicing mindfulness, the individual carefully avoids worrying about past failures or future anxieties. It is believed that by staying deeply calm and focused on the present moment, individuals can significantly improve their overall mental well-being.

123. Maya struggles with severe anxiety because she always assumes the worst possible outcomes. Furthermore, she takes on extra shifts at work because she feels utterly incapable of refusing requests from her colleagues.

(i) Explain the effective lifestyle strategy Maya should adopt to fix her negative thought process.

(ii) Discuss the communication skill she needs to develop to stop taking unwanted extra shifts.

Ans :

(i) Psychological wellness depends on maintaining an effective lifestyle to cope better with stress.

1. Maya must adopt rational thinking, as one's thinking and feelings are closely related. Her tendency to assume the worst represents a distortion in her thought process, resulting in negative biases like automatic vigilance and motivated skepticism.
2. To cope effectively, her strategy is to actively challenge her distorted thought process and irrational beliefs. Fighting these negative, anxiety-provoking thoughts will promote rational thinking, thereby helping her logically alleviate her severe psychological stress.

(ii) Fostering effective personal habits helps replace unhelpful behaviors with stress-reducing actions.

1. Maya needs to rapidly develop assertiveness, which is the ability to communicate one's personal thoughts, feelings, emotions, opinions, needs, and wants clearly and confidently to others in any demanding professional or social environment.
2. Assertiveness explicitly includes an individual's ability to confidently say no to a request they do not want to comply with. By learning to express her opinions openly, Maya can stop stressful situations like accepting unwanted extra shifts.

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124. During a terrifying earthquake, a man's heart rate skyrocketed, and his blood pressure surged to help him escape. Once he reached a safe open ground, his body gradually calmed down, conserving his energy.

(i) Describe the physiological system responsible for his immediate physical reaction during the earthquake.

(ii) Explain the system that helped him regain his bodily equilibrium after reaching safety.

Ans :

(i) Stress disturbs homeostasis, interfering with the functioning of the autonomic nervous system.

1. The man's immediate reaction was driven by the sympathetic nervous system (SNS), which gets active when the body is aroused during stress. It powerfully prepares the entire body for an urgent emergency reaction or vital fight-or-flight response.
2. Under extreme stress, the SNS quickly triggers the secretion of adrenaline and noradrenaline from the adrenal glands. This hormonal surge significantly raises his heartbeat, increases his blood pressure, and boosts muscle tension to facilitate his physical escape.

to frequent viral fevers and everyday bacterial infections.

120. While walking alone at night, Rohit suddenly spotted a dangerous stray dog approaching him. His heartbeat increased instantly, and his body prepared for immediate extensive action.

(i) Name the specific stress model and the physiological stage Rohit is experiencing.

(ii) Describe the internal biological changes and hormonal reactions occurring in his body.

Ans :

(i) Rohit is experiencing the Alarm stage of the General Adaptation Syndrome proposed by Hans Selye.

(ii) During this initial stage, an organism is suddenly exposed to a threatening and unfamiliar stimulus.

1. This crucial phase involves an immediate, intense physiological reaction to the perceived threatening stimulus. The sympathetic division of Rohit's autonomic nervous system suddenly gets activated, rapidly preparing his entire physical body for an extensive emergency action to effectively survive the immediate danger.
2. To facilitate this vital fight or flight response, his internal mechanisms undergo drastic alterations. There is a sudden, significant increase in his overall blood pressure, a much faster heartbeat, and heightened muscle tension to ensure his body possesses the optimal physical readiness required.
3. Simultaneously, specific hormonal reactions heavily support this heightened physical arousal. His adrenal glands rapidly release massive amounts of adrenaline and noradrenaline directly into his bloodstream, while the rapid mobilization of glucose powerfully provides a huge, immediate energy boost to his brain and muscles.

121. An athlete experiences nervousness before a major tournament, which helps him train harder and achieve a gold medal. However, another athlete feels overwhelmed by the exact same pressure, resulting in poor performance and anxiety.

(i) Discuss the beneficial level of stress experienced by the first athlete.

(ii) Explain the harmful outcome of stress experienced by the second athlete.

Ans :

(i) Stress is not always disruptive; up to a certain level, it aids productivity.

1. The optimal level of stress required to successfully reach a specific target or goal is known as eustress. It makes an individual highly energetic, enthusiastic, and positively motivated to perform creatively across demanding situations like competitive sports.
2. Elaborate preparation associated with major athletic tournaments is a typical example of eustress. This positive stress helps the first athlete harness nervous energy efficiently, resulting in optimal athletic performance and the ultimate achievement of his gold medal.

(ii) When environmental demands heavily exceed a person's capabilities, it produces negative consequences.

1. If the level of stress results in lowered productivity and loss of creativity, it is termed 'distress' or strain. Distress is highly harmful and needs to be actively controlled to maintain an individual's optimal level of performance.
2. The second athlete experiences distress because the overwhelming pressure threatens his emotional equilibrium. His inability to cope with the environmental demands generates extreme anxiety, ultimately destroying his competitive focus and causing a significant decline in his performance.

122. A therapist advises a severely stressed client to systematically tense and then release different body parts. Later, the client is instructed to focus entirely on their present internal and external experiences without judgment.

(i) Describe the first stress management technique advised by the therapist.

(ii) Describe the second technique used to improve the client's mental well-being.

Ans :

(i) To effectively reduce stress, it is necessary to activate the body's relaxation response.

1. The therapist initially instructs the client to practice progressive muscle relaxation. This specific method involves

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of external stressors affecting these two individuals.

Ans :

Both individuals are heavily impacted by distinct external environmental factors that generate severe psychological stress.

1. The woman is experiencing a Stressful Life Event, which represents any major life event occurring suddenly. The sudden, tragic death of her beloved spouse is ranked prominently among the top ten stressful life events by researchers like Holmes and Rahe.
2. Sudden confrontation with such deeply disturbing major life events severely hampers an individual's normal daily functioning. Because they are completely unable to search for a proper way to cope quickly, they become highly susceptible to devastating physical and psychiatric problems.
3. Conversely, her neighbor is suffering from the Minor Hassles of Everyday Life. These refer to extremely repetitive, persistent, or frequent minor events that routinely jeopardize our daily mental peace, such as regular traffic jams, petty quarrels, and unpredictable domestic help absenteeism.
4. Although these daily hassles apparently seem relatively unimportant and minor in their individual intensity, their persistent nature gradually chips away at our internal coping resources. As a severe consequence, they slowly reduce our adaptive ability, ultimately resulting in various physiological disorders.

128. A teenager lacks proper sleep due to chronic pain, studies in a poorly illuminated room, faces constant hostility from his peer group, and experiences intense guilt for not meeting his parents' high expectations.
Categorize and describe the four distinct groups of stressors aggravating this teenager's condition.

Ans :

Stressors are factors that trigger stress, broadly categorized into four main distinct groups.

1. Physiological stressors include physical or biological conditions that place direct demands on the body. For this teenager, the lack of essential rest and sleep, combined with his enduring chronic physical pain, act as prominent physiological triggers of stress.
2. Environmental stressors include extremely unfavorable external physical surroundings that negatively impact human well-being. The teenager studying in a poorly illuminated room perfectly exemplifies an environmental stressor, similar to excessive noise or extreme temperatures, which heavily aggravates his distress.
3. Social stressors are predominantly found within familial domains, social circles, and personal situations. The constant hostility and intense conflicts he actively faces from his peer group represent severe social stressors, as they critically disrupt his ability to maintain healthy relationships.
4. Psychological stressors mainly focus on powerful emotion-inducing factors that activate stress directly or indirectly. The teenager's intense internal guilt and frustration over failing to manage social expectations regarding his parents' high demands forcefully induce profound psychological stress and internal conflict.

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129. Despite facing a massive financial loss, a businessman treats the situation as an exciting challenge rather than a threat. He eats healthily, laughs at his own minor mistakes, and focuses exclusively on the positive possibilities of recovery.
Discuss any four psychological qualities and behavioral processes this businessman uses to effectively resist stress.

Ans :

The businessman utilizes multiple personality factors and health-promoting lifestyle responses to resist stress.

1. He exhibits Hardiness, which is a critical personality trait of resilient persons. By demonstrating commitment and deliberately taking his financial disaster as an exciting challenge rather than considering the situation emotionally stressful, he successfully resists stress to a great extent.
2. He practices excellent Self-care by intentionally engaging in vital health-improving processes. By deliberately eating a healthy diet and actively thinking positively despite his financial setback, he is genuinely caring for himself, which tremendously helps him cope with everyday stressors effectively.
3. He demonstrates a strong Sense of Humour by not maintaining too much seriousness

about his personal failures. Generously being able to accept his own mistakes and laugh at them reduces his stressful feelings of guilt, turning failures into stepping stones.

4. He works towards an Optimistic and Positive Outlook. Instead of obsessively focusing on the negative impacts of his stressful event, he takes a highly rational, optimistic view, successfully treating the financial stress as a normal occurrence and a manageable future challenge.

130. A persistent workplace stressor causes an employee to develop chronic anxiety and overeat, completely lowering his productivity. Conversely, his colleague responds to the same stressor by exercising and managing her time, leading to improved physical health and high self-esteem. Discuss the two distinct cyclical models proposed by Charlesworth and Nathan illustrated in this scenario.

Ans :

Edward A. Charlesworth and Ronald G. Nathan proposed that stress effects perpetuate in cycles.

1. The first employee is trapped within the Distress Cycle. When stressors heavily hinder his natural adaptation to the workplace environment, these negative effects create profound distress, initiating a destructive chain of maladaptive behavioral, physiological, emotional, and cognitive responses.
2. Within this dangerous distress cycle, his immediate negative behavioral effects include excessive overeating, while his long-term emotional disorder manifests as chronic anxiety. These unmanaged symptoms ultimately cause his workplace productivity, daily enjoyment, and personal intimacy to decrease drastically, perpetuating further stress.
3. Conversely, his proactive colleague brilliantly illustrates the highly beneficial Wellness Cycle. Instead of succumbing to workplace pressures, she deliberately adopts health-promoting lifestyle responses, utilizing highly adaptive behavioral skills like efficient time management and physical responses like regular exercise.
4. These incredibly positive responses effectively buffer her from any further psychological stress. As a direct result of the wellness cycle, she successfully achieves significantly improved physical health, greater resistance to future disease, and vastly increased overall self-esteem and workplace productivity.

131. Rajesh recently took up a demanding corporate role. Initially, he was highly motivated and energetic, but slowly he started experiencing sleep disturbances and minor fatigue, leading him to smoke frequently. Recently, he has developed a severe escapist mentality and profound self-doubt regarding his professional abilities.

(i) Identify the specific psychological condition Rajesh is experiencing due to prolonged workplace pressure.

(ii) Describe the first three distinct stages of this condition as evident in his professional journey, linking them to the situation.

Ans :

(i) The specific psychological condition that Rajesh is experiencing due to prolonged workplace pressure is known as burnout.

(ii) According to Veninga and Spardley, burnout is a debilitating psychological condition brought on by excessive work stress. It progresses through five distinct stages, three of which are evident here:

1. Honeymoon stage: In this initial phase, the individual experiences a high level of satisfaction, commitment, excitement, and enthusiasm. Just like Rajesh, who was highly motivated and energetic, people use their pride and creativity to meet the stressors associated with the new job.
2. Fuel shortage stage: This phase begins with a vague feeling of loss, fatigue, sleep disturbances, and confusion. The individual starts becoming aware of job dissatisfaction, which induces unhealthy coping mechanisms like eating, smoking, or drinking, as seen in Rajesh's frequent smoking.
3. Crisis stage: After a prolonged period of feeling stressed, the person starts to feel oppressed and becomes obsessed with work-related frustrations. Heightened pessimism and profound self-doubt lead to low self-confidence and an escapist mentality, mirroring Rajesh's current professional state.

132. Meera holds a deep-seated resentment toward her stepson, finding his presence highly

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uncomfortable. However, she overcompensates by becoming excessively overprotective and constantly showering him with gifts, masking her true feelings.

(i) Identify the specific unconscious process Meera is adopting to manage her psychological discomfort.

(ii) Explain this process and differentiate it from the strategy where unacceptable impulses are transformed into socially approved actions, providing an example from the text.

Ans :

(i) The specific unconscious process Meera is adopting to manage her psychological discomfort is the ego-defense mechanism called reaction formation.

(ii) According to psychoanalytic theory, ego-defense mechanisms are unconscious processes adopted by individuals to save the ego from anxiety-provoking, socially unacceptable thoughts:

1. In reaction formation, when individuals realise that their own feelings and thoughts are uncomfortable for themselves and others, they often develop conscious attitudes and behaviour patterns that are exactly the opposite.
2. Consequently, individuals try to hide hate with love or cruelty with kindness, effectively replacing their socially unacceptable feelings with socially approved behaviour, just as Meera replaces her resentment with overprotective behaviour.
3. This is distinctly different from sublimation, a mature defense mechanism where socially disapproved impulses are gradually transformed into socially approved actions or endeavours, such as a woman unable to give birth becoming a pre-school teacher to fulfil her desire to be with children.

133. Samir is a highly ambitious sales manager who is entirely target-oriented and constantly tries to achieve more than his peers. He judges his self-worth solely by the amount of money and assets he accumulates. He is never relaxed, always in a hurry, and experiences frequent anger outbursts.

(i) Identify the specific internal factor of stress generation reflected in Samir's behavioural pattern.

(ii) Describe the characteristics of this factor and explain the specific severe physiological health risk Samir faces due to his sustained internal pressure.

Ans :

(i) The specific internal factor of stress generation reflected in Samir's behavioural pattern is the Type-A personality.

(ii) Stress is often generated from the individual himself as a result of specific personality types that make a person more susceptible to experiencing extreme pressure:

1. Persons with a Type-A personality are high achievers, ambitious, competitive, and workaholics. Their exceptionally high aspiration levels make them significantly more stressed since they constantly want to complete a lot of work within a strict time limit.
2. These individuals are extremely target-oriented and try to achieve more than others, judging themselves entirely by the amount of success, money, assets, and friends they possess, which creates a tremendous amount of internal pressure on them.
3. Because their levels of excitement, tension, or anger are always high and they are never relaxed, this sustained internal pressure ultimately makes them highly susceptible to cardiac problems, in the same way as stress culminates in hypertension.

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134. During his final board examinations, Aryan experienced prolonged anxiety, loneliness, and lack of sleep. Subsequently, he contracted a severe viral infection that took weeks to cure. His doctor explained that the foreign elements entering his body were not efficiently destroyed because his physiological defense resources were completely drained.

(i) Identify the specific physiological mechanism in Aryan's body that was severely impaired by prolonged anxiety.

(ii) Explain how this physiological mechanism normally functions to protect the body and how prolonged exposure to pressure adversely affects its elements.

(ii) After the stressor passes, the body initiates processes to reverse physical arousal.
   1. The system responsible for calming him down is the parasympathetic nervous system (PNS), the second branch of the autonomic nervous system. The PNS works totally opposite to that of the SNS by attempting to restore the body's disturbed equilibrium.
   2. Instead of burning fuel, the PNS tends to build and conserve the body's stores of energy. Hence, it successfully decreases his rapid heart rate and elevated blood pressure, bringing his physiology back to a normal state.

125. A clinical psychologist teaches a patient how to consciously monitor their rapidly increasing heart rate using physical and mental exercises, ultimately allowing the patient to lower it during panic attacks.
Discuss the specific stress management technique employed by the psychologist and its three procedural stages.

Ans :

The psychologist is employing biofeedback, a highly structured technique utilized for effective stress management.
1. Biofeedback is a specialized clinical procedure that helps a stressed person deliberately learn practical ways of controlling certain negative physiological responses strongly associated with psychological stress, such as a sudden, dangerous increase in their resting heart rate or blood pressure.
2. To achieve this impressive biological control, the therapist utilizes various specific physical and mental exercises. The entire comprehensive technique actively involves three distinct, progressive stages designed to empower the patient to conquer their involuntary bodily reactions during severe panic attacks.
3. The first essential stage involves the individual becoming consciously aware of a particular physiological response. The second crucial stage involves the patient systematically learning effective mental ways and physical methods to gain direct voluntary control over that specific biological response.
4. Finally, the third and ultimate stage involves successfully using the mastered technique independently during actual times of acute stress. This allows the patient to actively lower their rapid heart rate and successfully restore psychological calmness without needing constant professional supervision.

126. An instructor guides a group of stressed corporate workers through a holistic discipline. She starts by teaching them moral codes of conduct, then moves to specific physical postures, and concludes with breathing exercises to rejuvenate their minds.
Explain the four specific stages of this ancient discipline highlighted in the instructor's session.

Ans :

The instructor is teaching Yoga, a practice comprising eight steps that serve as guidelines for a meaningful life.
1. The first stage highlighted is Yama, which involves behaving in accordance to high ethical standards. These fundamental codes of moral conduct help direct the workers' attention toward the spiritual aspects of nature and their own inner personal growth.
2. The second stage is Niyama, which focuses on maintaining strict self-discipline. By practicing excellent self-discipline, individuals establish a foundational psychological framework that helps them navigate their demanding corporate lifestyles while minimizing their everyday workplace stress.
3. The third stage involves performing Asanas, where individuals assume various specific physical postures. Practicing these physical postures is essential as it helps improve the overall functioning of various physiological systems, thereby successfully maintaining internal bodily homeostasis.
4. The fourth stage demonstrated is Pranayama, a focused breathing exercise that improves the functioning of the respiratory system. Through continuous focus on simultaneous deep breathing, this step effectively reduces anxiety while completely rejuvenating the mind and body.

127. A woman experiences immense grief following the sudden death of her spouse, leaving her physically and psychiatrically vulnerable. Meanwhile, her neighbor feels persistently frustrated due to daily traffic jams and minor arguments with her maid.
Differentiate between the two specific categories

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2. Furthermore, factors resulting from human activities, such as crowding, loud noise, and a lack of proper illumination or resources, act as major environmental triggers that negatively affect physical and mental wellbeing.

(ii) In her new workplace, Anita is confronting social stressors, which are prominently found in personal, familial, and work situations:
1. In work situations, social stressors include a lack of leadership qualities, autocratic leadership, unclear work responsibility, and severe discrimination in pay or promotion.
2. Additionally, a distinct lack of teamwork, work overload or underload, workplace sexual harassment, and a sense of extreme competitiveness among colleagues represent severe social stressors that deeply impact an individual's professional functioning.

137. Tariq frequently agrees to take on extra shifts at the hospital even when he is exhausted, simply because he cannot refuse his peers' requests. Consequently, his mind is filled with negative biases and irrational beliefs that he is not a competent doctor if he doesn't work overtime, leading to intense anxiety.
(i) Explain the specific effective lifestyle capability Tariq lacks, which prevents him from declining unwanted requests.
(ii) Describe the cognitive strategy Tariq needs to adopt to overcome his distorted thought processes and negative biases.

Ans :

(i) Tariq severely lacks the effective lifestyle capability known as assertiveness, which is crucial for coping with stress:
1. Assertiveness is the fundamental ability of an individual to communicate one's thoughts, feelings, emotions, opinions, needs, and wants clearly and confidently to others.
2. It explicitly includes the ability to say no to a request that one does not want to comply with, helping an individual to stop a lot of stressful things, such as Tariq accepting exhausting extra shifts.

(ii) To overcome his negative biases and anxiety, Tariq needs to adopt the strategy of rational thinking:
1. Because an individual's thinking and feelings are closely related, distortions in the thought process result in negative thoughts and biases, such as automatic vigilance and motivated scepticism, causing severe stress.
2. Therefore, an effective strategy to cope with this stress is to actively challenge one's own distorted thought process and fight irrational beliefs, thereby promoting rational thinking that alleviates anxiety-provoking thoughts.

138. A rescue worker has been stationed at an earthquake disaster site for over a month, facing continuous trauma and lack of rest. Initially, his body adapted to the crisis, but now his physical resistance has completely collapsed, making him severely sick. Medical tests reveal dangerously high levels of a specific hormone that has broken down his proteins, impairing his immune functions.
Based on the relevant model of stress, examine the final stage of physical reaction the rescue worker has reached and describe the hormonal pathway that led to this physiological breakdown.

Ans :

According to Hans Selye's General Adaptation Syndrome, the rescue worker has reached the final stage of exhaustion due to prolonged exposure to continuous trauma:
1. In the exhaustion stage, if the exposure to the stressor persists, the body's resistance gradually breaks down. The vital resources that initially helped the body fight the threat deplete continuously, causing the body's capacity to respond to collapse.
2. The hormonal pathway leading to this breakdown involves the adrenocorticotropic axis. Upon perceiving the stressor, the brain activates the hypothalamus to release corticotropin-releasing factor (CRF).
3. The CRF is carried to the pituitary gland, which is activated to secrete another hormone called adrenocorticotropic hormone (ACTH) into the bloodstream.
4. ACTH then activates the adrenal glands to secrete high levels of cortisol. While initially providing glucose for energy, prolonged accumulation of excess cortisol continuously breaks down vital proteins needed for manufacturing white blood cells, leaving the

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adapt, which are divided into three distinct stages and hormonal actions.

1. Alarm Stage: When suddenly exposed to a threatening, unfamiliar stimulus, the organism's sympathetic nervous system activates immediately. This prepares the body for extensive emergency action by dramatically increasing blood pressure, elevating the heartbeat, and triggering the rapid release of adrenaline.
2. Resistance Stage: This constitutes a strong rebound reaction phase where the body tunes up fast to manage the stressor. Adrenaline mobilizes glucose, providing essential energy for fight or flight. Symptoms from the first stage disappear as the organism's coping resistance increases.
3. Exhaustion Stage: If the stressor persists indefinitely, the body's natural resistance gradually breaks down. The physical resources helping the body fight deplete continuously, causing its response capacity to collapse. The person cannot ward off infections, becoming severely sick or facing death.
4. Role of ACTH: During stressful events, nerve impulses activate the hypothalamus to release corticotropin-releasing factor. This factor travels to the pituitary gland, stimulating it to secrete adrenocorticotropic hormone (ACTH). ACTH is crucial as it directly activates the adrenal glands for response.
5. Role of Cortisol: Upon activation by ACTH, the adrenal glands secrete the vital hormone cortisol into the bloodstream. Cortisol rapidly breaks down body fats and proteins to produce extra glucose. This supplies essential fuel, helping the body effectively adapt to stress.

155. Divya is employed in a highly competitive target-oriented multinational company. Recently, she has been feeling immense psychological pressure because her exact job responsibilities are unclear, and she faces constant friction with her reporting head.

Analyze the environmental stressors Divya is experiencing at her workplace.

(i) Identify the broad category of environmental stress Divya is facing.

(ii) State why modern societies frequently generate this particular type of stress.

(iii) Explain four specific causes of this stress as outlined in the text.

Ans :

(i) Divya is primarily facing work-related stress, which acts as a highly prominent external environmental stressor.

(ii) In present-day complex societies, an indisputable workaholic culture is prevalent. The competitive, target-oriented professional environment creates constant pressure on individuals striving for continuous, demanding career growth.

(iii) Apart from general competition and long working hours, individuals face a multitude of specific stress-producing situations, biases, and related complex factors within their daily professional environments.

1. High Workload or Underload: Stress rapidly occurs when the amount of assigned work and expected output completely mismatch the person's handling ability. Conversely, an underload due to insufficient work is equally stressful as it produces deep insecurity, intense boredom, and severe humiliation.
2. Difficult Work Environment: Unpleasant physical working conditions act as potent environmental stressors. Disturbing factors such as extreme industrial noise, poor illumination, glaring over-illumination through fluorescent lighting, excessive humidity, and working closely with hazardous chemical substances cause massive stress and increase physical fatigue.
3. Role Ambiguity: This frustrating situation constantly arises when an employee's specific role in the organisation is not clearly defined. Consequently, the person remains confused and uncertain about their exact job responsibilities, leading to decreased motivation, drastically declining performance efficiency, and accentuated stress.
4. Relation With Other Employees: Workplace interpersonal relationships with co-workers, one's reporting head, senior management, and subordinates

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brought on by excessive work stress that Rakesh is experiencing.

(ii) Based on Veninga and Spardley's model, describe the first three stages of this condition as evident in Rakesh's journey.

Ans :

(i) Burnout.

(ii) Rakesh is experiencing the initial stages of burnout. The first three stages identified by Veninga and Spardley are:

1. Honeymoon: This phase is marked by high levels of satisfaction, commitment, excitement, enthusiasm, pride, and creativity to meet the stressors associated with a new job. This perfectly mirrors how Rakesh felt initially when he was full of energy and ready for any target.
2. Fuel shortage: A vague feeling of loss, fatigue, sleep disturbances, and confusion begins. This induces unhealthy habits like eating, smoking, or drinking. The person starts becoming aware of job dissatisfaction, directly reflecting Rakesh's current state of confusion, completely disturbed sleep, and return to smoking.
3. Chronic symptom: In this third stage, the chronic exhaustion, physical illness, anger, and depression intensify significantly. The individual feels constantly tired and frustrated by the environment, which closely aligns with Rakesh's intensifying exhaustion, physical illness, and constant angry feelings at the workplace.

142. Read the conversation below and answer the questions that follow:

Karan: "I failed the physics test again. It's completely my fault because I am just not capable enough to understand it."

Tarun: "I failed too, but it's because the teacher set an impossibly hard paper and the lighting in the exam hall was terrible."

Karan: "No, I must take full responsibility. Everything that goes wrong is always because of my own shortcomings."

Tarun: "You always blame yourself! I know it's just bad luck and unfair circumstances that ruined my grade."

Karan: "I just can't stop feeling this immense guilt about my poor performance."

(i) Identify the personality trait related to stress susceptibility that differentiates Karan and Tarun.

(ii) Explain the two types of this trait and how they impact an individual's susceptibility to stress.

Ans :

(i) Locus of control.

(ii) Locus of control refers to an individual's perception of the amount of control they have in their life. The differences are:

1. Internal locus of control: People with an internal locus, like Karan, take too much personal responsibility. They blame themselves completely for anything that goes wrong and suffer from intense guilt feelings, making them highly susceptible to accumulating high levels of psychological stress over time.
2. External locus of control: People with an external locus, like Tarun, do not take personal responsibility for anything. They easily attribute failures to circumstances, fate, or others, which allows them to vent their emotions freely, making them far less susceptible to experiencing severe stress.
3. Stress relation: Studies demonstrate a definite relationship between this personality trait and stress levels. Because internal locus individuals internalize failure as personal defects, they experience immense internal pressure, whereas external locus individuals successfully deflect the blame, safely protecting their emotional and mental equilibrium.

143. Read the conversation below and answer the questions that follow:

Father: "You have your board exams starting next month. How are you evaluating this entire situation?"

Priya: "Initially, I felt it was a massive danger to my future, but now I see it as a chance to prove my abilities."

Father: "That is a very positive way to look at it. Do you think you can handle the syllabus?"

Priya: "Yes, I am currently assessing my available resources. I have good notes and enough time to revise thoroughly."

Father: "Excellent. Knowing you have the right strategies makes a big difference."

(i) Identify and explain the first stage of the

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stress model demonstrated by Priya.

(ii) Identify and explain the second stage of the same model.

Ans :

(i) Priya demonstrates the primary appraisal stage of the Cognitive Appraisal Model.
   1. In the primary appraisal stage, individuals try to judge the stressor and its probable influence. They evaluate if the situation is not important, good, or threatening to their overall well-being, forming the foundational perception of the stressful event.
   2. A situation can be classified as harmful, threatening, or challenging. Priya evaluates her exams as a challenge, developing positive stress and confidence to take an adaptive response to effectively overcome her academic demands.

(ii) Priya then demonstrates the secondary appraisal stage of the Cognitive Appraisal Model.
   1. Secondary appraisal involves the person's perception of how they can deal with the situation. The individual determines the specific coping resources that are currently available and the likelihood of employing them successfully against the stressor.
   2. This appraisal occurs simultaneously with or as a consequence of primary appraisal. Priya assesses her good notes and available time as effective coping strategies, allowing her to believe she can handle the upcoming examination effectively.

144. Read the conversation below and answer the questions that follow:

Mrs. Sharma: "You always seem so calm despite having such a demanding job and family responsibilities."

Mrs. Gupta: "I actively practice daily habits that keep my mind and body healthy."

Mrs. Sharma: "Like what? I feel overwhelmed by community expectations all the time."

Mrs. Gupta: "I ensure I eat nutritious meals daily and go for a morning run. Also, I have learned to say 'no' when I cannot take up extra tasks."

Mrs. Sharma: "I usually agree to everything and then get stressed by my own negative thoughts."

Mrs. Gupta: "You must challenge those irrational beliefs. Thinking clearly and positively really helps."

Based on the conversation, explain four effective lifestyle practices that help individuals like Mrs. Gupta cope better with stress.

Ans :

Individuals can maintain psychological wellness and cope with stress by adopting effective lifestyle practices, which include:

1. Exercise: Regular exercise keeps an individual physically fit and helps cope with mental stress, anxiety, and depression. It controls the secretion of hormones and other chemicals that affect mental health, reducing weight and controlling pain to manage stress effectively.
2. Diet: A balanced diet containing required nutrients promotes a healthy body and mind. It provides energy for work, helps in the development and maintenance of muscles and organs, and significantly boosts overall immunity, resulting in the person feeling much better.
3. Assertiveness: This is the ability to communicate thoughts, emotions, and needs clearly and confidently. It strictly includes the ability to say 'no' to requests one does not want to comply with, successfully stopping many stressful situations from occurring for the individual.
4. Rational thinking: Distortions in thought processes cause negative thoughts and biases. Challenging one's own distorted thought processes and irrational beliefs promotes rational thinking, actively helping the individual to fight anxiety-provoking thoughts and cope with the stressful situation highly effectively.

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145. Read the conversation below and answer the questions that follow:

Researcher: "During our study, we noticed your physiological readings have changed significantly since you took on this high-pressure corporate role."

Participant: "Yes, I constantly feel internal pressure because I always try to achieve more than others and compete intensely."

Researcher: "This chronic stress seems to have caused persistent elevation in your arteries' pressure without you even realizing it."

Participant: "Actually, I also developed holes in the protective lining of my stomach recently."

Researcher: "That often happens when psychological trouble adversely affects physiological mechanisms over an extended period."
Based on the dialogue, describe four adverse effects of stress on an individual's physical health.

Ans :

Prolonged stress disrupts homeostasis and severely impacts an individual's physical health in the following ways:

1. Causes hypertension: Stress leads to persistently elevated blood pressure in the arteries. Stressed individuals secrete a surge of hormones that constrict blood vessels, acting as a dangerous silent killer that slowly damages various vital organs such as the heart, brain, and kidneys.
2. Cardiac problems: High levels of stress, especially in highly competitive and target-oriented individuals, create immense internal pressure. This chronic state of excitement, anger, and tension ultimately culminates in severe heart problems and cardiac arrests, severely damaging the individual's long-term cardiovascular health.
3. Psychosomatic disorders: The mind and body are interconnected. Psychological troubles adversely affect the physiological mechanisms of the body, manifesting as diseases. Stress coupled with poor lifestyle promotes acidic secretions, creating painful ulcers in the stomach, duodenum, or esophagus linings.
4. Affects immune system: Stress has a major negative effect on immunity, draining the body's crucial resources. Prolonged exposure severely affects the functioning of lymphocytes, making the body's internal mechanisms highly vulnerable to various infections, potentially harmful agents, viruses, and complex ailments.

146. "The way we perceive and interpret an event determines our psychological and physiological response to it." — Richard Lazarus
Rahul recently received an unexpected transfer to a new city. He initially felt it was a threat to his family life, but later began evaluating if he had the necessary financial and mental resources to handle this transition.

(i) Identify the exact psychological model of stress depicted in Rahul's situation.

(ii) Discuss the specific phases of evaluation Rahul undergoes according to this approach.

Ans :

(i) The Cognitive Appraisal Model (Primary and Secondary Appraisal) proposed by Lazarus and Folkman.

(ii) Rahul processes the stressful situation through a series of distinct cognitive evaluations:
   1. In the first phase, known as primary appraisal, Rahul primarily tries to judge the sudden transfer and its probable influence on him. He evaluates whether this new environmental demand is completely irrelevant, highly positive, or actively threatening to his overall family life and personal well-being.
   2. Since the relocation appears threatening, a negative stress develops within him. He experiences this stress by carefully considering the future damage, potential disruptions, and severe challenges that may likely be brought about by this unexpected and major environmental change in his daily life.
   3. During the secondary appraisal stage, which occurs simultaneously, Rahul thoroughly assesses his available coping mechanisms. He evaluates whether he possesses the adequate financial stability and mental resilience required to effectively deal with this demanding transition and successfully overcome the stressful situation without failing.

147. "Prolonged exposure to severe occupational pressures drains the very essence of a professional, leaving behind an empty shell." — Veninga and Spardley
Sunita, an enthusiastic marketing executive, started her new job with great pride and commitment. However, after months of excessive work, she began facing chronic exhaustion, missed deadlines, and eventually felt totally incapable of functioning at work.

(i) Identify the psychological condition Sunita is experiencing due to prolonged work stress.

(ii) Describe the progressive stages this condition entails, leading to her current state.

Ans :

(i) Sunita is experiencing a debilitating psychological condition known as burnout.

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(ii) Sunita passes through distinct deteriorating phases as her occupational stress remains unmanaged:
1. Sunita initially experiences a honeymoon phase marked by a high level of satisfaction, commitment, and enthusiasm towards the new job. This gradually transitions into a fuel shortage stage, where vague feelings of fatigue, sleep disturbances, and confusion make her consciously aware of job dissatisfaction.
2. This condition soon worsens into chronic symptoms, where her physical illness, persistent anger, and deep depression severely intensify. After a prolonged period, she reaches the crisis stage, becoming completely obsessed with work-related frustrations, which heightens her pessimism, self-doubt, escapist mentality, and prominent physical ailments.
3. Finally, she enters the hitting the wall stage, characterized by the total exhaustion of her physical ability and mental energy to adapt to her surroundings. The symptoms become so overwhelmingly prominent that it becomes absolutely impossible for her to function properly on the job.

148. "When emotions become too overwhelming to confront directly, the human mind often resorts to unconscious detours to protect its fragile ego." — Sigmund Freud
Amit was severely reprimanded by his boss for a project failure. Unable to argue back, he returned home and aggressively scolded his son for a minor mistake. Later, he justified eating a large portion of junk food by claiming it would have otherwise gone to waste.
(i) Explain the unconscious process Amit used to handle the anger caused by his boss.
(ii) Discuss the strategy Amit employed to justify his unhealthy eating behaviour.

Ans :

(i) Amit utilized a specific ego-defense mechanism to unconsciously manage his unacceptable frustration:
1. Amit employed the ego-defense mechanism of displacement to unconsciously manage his unacceptable anger. This occurs when a person views that it is highly dangerous or socially disapproved to directly show their intense aggression towards the actual source of their intense emotional frustration.
2. Instead of aggressively confronting his superior, Amit safely directed his negative emotions toward a much safer target. He successfully vented his intense anger and hostility by unjustly scolding his innocent child, thereby temporarily protecting his ego from extreme professional anxiety.

(ii) Amit used another ineffective coping strategy to deal with his impulsive emotional overwhelm:
1. Amit additionally adopted rationalization, an unconscious process where an individual attempts to falsely justify their socially unacceptable behaviour or uncomfortable feelings as completely logical, reasonable, and acceptable, actively avoiding the true underlying reasons for their specific problematic actions.
2. By confidently claiming that the extra food would simply be wasted, Amit successfully replaced his impulsive lack of control with a seemingly rational excuse. This prevented him from honestly accepting that he was emotionally overwhelmed and giving in to severe dietary cravings.

149. "The modern corporate environment is a relentless engine that often consumes the mental peace of those trying to secure a prosperous livelihood." — P. Nixon
Describe any four specific factors within an organizational setting that can act as major stressors and negatively impact an employee's professional performance and psychological well-being.

Ans :

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An employee in a highly competitive work culture often faces various situations that single-handedly or in combination produce significant stress:
1. High workload creates immense stress when an employee's expected output exceeds their handling ability. Conversely, underload due to insufficient work is equally stressful, as it produces intense insecurity, deep boredom, and painful feelings of being

entirely neglected and humiliated within the organizational setup.

2. Role ambiguity arises when a person's exact role in the organization is not clearly defined. Consequently, they remain deeply confused and highly uncertain about their specific job responsibilities, leading to heavily decreased motivation, reduced efficiency, and a drastic decline in overall work performance.
3. A difficult or highly unpleasant physical work environment actively triggers severe occupational stress. Conditions such as extreme workplace noise, excessively poor illumination, over-illumination through fluorescent lighting, extreme humidity, or working closely with dangerous chemical substances drastically increase physical fatigue and psychological discomfort.
4. Poor relations with other employees significantly contribute to professional distress. If an individual fails to maintain highly cordial and supportive relationships with their co-workers, reporting heads, senior management, or subordinates, the hostile environment proves intensely detrimental to their daily health and workplace performance.

150. "True resilience is not about avoiding the storm, but about building a strong enough vessel to sail through it with unshakeable confidence." — Suzanne Kobasa

Discuss any four effective lifestyle practices and personality factors that can empower an individual to successfully resist stress and maintain psychological wellness.

Ans :

Maintaining psychological wellness involves adopting an effective lifestyle that acts as a strong buffer against everyday environmental stressors:

1. Cultivating assertiveness empowers individuals to effectively communicate their thoughts, feelings, opinions, and needs with absolute clarity and confidence. This crucial ability allows them to openly say no to unwanted requests, actively preventing them from accumulating a multitude of highly stressful daily obligations.
2. Engaging in rational thinking is vital for challenging one's own distorted thought processes and deeply irrational beliefs. By actively fighting negative, anxiety-provoking thoughts and cognitive biases, individuals promote a highly logical mindset that effectively helps them cope with complex stress and severe emotional challenges.
3. Seeking familial and social support is strictly necessary for overcoming deeply stressful situations. Establishing strong communication and lasting relationships provides essential tangible aid, critical informational advice, and immense emotional support that powerfully boosts the individual's confidence to successfully fight traumatic environmental stressors.
4. Developing personality hardiness equips a person with intense internal commitment and emotional control. Rather than immediately considering unfamiliar situations as overwhelmingly stressful, hardy individuals perceive these environmental demands as positive challenges, relying on their resilient qualities to resist psychological distress to a great extent.

EIGHT MARKS QUESTIONS

151. Rohan has been working late nights for months. Initially, he was very enthusiastic, but lately, he feels physically ill, detached, and completely exhausted, making it impossible for him to function at his corporate job.

How can we understand Rohan's progressing condition?

(i) Identify the psychological condition Rohan is experiencing.

(ii) Explain the five distinct stages of this condition as identified by Veninga and Spardley, along with its definition.

Ans :

(i) Rohan is experiencing a debilitating psychological condition brought on by excessive work stress known as burnout.

(ii) This condition progresses sequentially through distinct phases, resulting in depleted energy, lowered resistance to illness, and increased dissatisfaction.

1. According to Veninga and Spardley, burnout is defined as a debilitating psychological condition brought on by excessive work stress. It is characterised

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by exhaustion, irritation, feelings of ineffectiveness, lack of motivation, enthusiasm, and lowered resistance to various physical illnesses.

2. This initial honeymoon phase is marked by a high level of satisfaction, commitment, excitement, enthusiasm, pride, and creativity. The individual actively uses these positive emotions and high energy levels to meet the various early stressors associated with the new job.
3. During fuel shortage, a vague feeling of loss, fatigue, sleep disturbances, and confusion begins to manifest. This stage actively induces unhealthy habits like overeating, smoking, or drinking, and the person starts becoming noticeably aware of their underlying job dissatisfaction.
4. During the chronic symptom stage, the individual's physical and psychological symptoms become much more severe and pronounced. The person experiences chronic physical exhaustion and physical illness, while their feelings of internal anger and depression intensify significantly due to ongoing stress.
5. In the crisis phase, after a prolonged period of feeling stressed, the individual starts to feel completely oppressed and obsessed with work-related frustrations. Heightened pessimism and self-doubt lead to low self-confidence, an escapist mentality, and pronounced ailments like painful ulcers.
6. Hitting the wall is characterised by the total exhaustion of one's ability and energy to adapt to surroundings. Symptoms become so prominent that it clearly denotes it is practically impossible for the stressed individual to function any further on the job.

152. Kabir often falls sick and feels overwhelmed before major presentations. His counselor advised him to change his daily habits, build better communication skills, and alter his perspective towards challenges to manage his distress.
Analyze the counselor's advice based on stress management techniques.
(i) What does the counselor mean by adopting an effective lifestyle?
(ii) Explain five components of an effective lifestyle that help maintain psychological wellness.

Ans :

(i) An effective lifestyle denotes a specific cluster of interests, opinions, behaviours, and everyday habits of an individual. Adopting this promotes wellness and helps cope with stress.

(ii) To maintain an effective lifestyle and successfully navigate workplace pressure, individuals must proactively practice specific positive habits that foster physical and mental resilience.

1. Regular Exercise: It is a proven fact that regular exercise keeps an individual physically fit and helps cope with mental stress, anxiety, and depression. It controls the secretion of specific hormones and chemicals in the body, significantly improving overall mental health.
2. Balanced Diet: A balanced diet consisting of essential nutrients is the key to a healthy body, which directly promotes a healthy mind. It provides necessary energy, strengthens immunity, maintains muscles, and results in the individual feeling much better about themselves.
3. Assertiveness: This is the crucial ability to communicate one's thoughts, feelings, emotions, opinions, needs, and wants clearly and confidently. It includes the vital ability to say no to unwanted requests, helping an individual effectively stop many stressful situations from occurring.
4. Rational Thinking: Distortions in the thought process result in negative thoughts and cognitive biases like automatic vigilance. An effective strategy is to challenge one's own distorted thought processes and irrational beliefs, promoting rational thinking that successfully fights negative, anxiety-provoking thoughts.
5. Healthy Relationships: Fostering good relationships with family and friends requires an open and clear communication system. It entails actively listening to others, expressing personal feelings effectively, and keeping

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an open mind capable of accepting other people's differing ideas and opinions.

153. Simran often unknowingly justifies her poor performance by blaming the examiners, and sometimes she exhibits overly sweet behavior towards classmates she actually dislikes to mask her true feelings.
Evaluate Simran's method of dealing with stressful situations.
(i) Explain the psychoanalytic perspective on the type of coping processes Simran is using.
(ii) Describe four specific forms of these processes that people commonly use.

Ans :

(i) Individuals facing overwhelming psychological demands often rely on specific defensive strategies to protect their psychological well-being.
1. According to psychoanalytic theory, certain unconscious processes are adopted by an individual to manage severe stress. These ego-defense mechanisms are actively used to save the ego from guilt-provoking or socially unacceptable thoughts, ideas, and overwhelming anxiety during highly stressful encounters.
2. While providing temporary relief, defense mechanisms used during stressful situations can actually aggravate stress-induced psychosomatic disorders. Individuals resort to these completely ineffective methods when they are emotionally overwhelmed or when their coping choice is heavily marked by sudden, extreme impulsiveness.
3. Using these unconscious mechanisms excessively during adulthood strongly indicates delayed emotional development and deep emotional immaturity. Rather than solving the underlying problem directly, these unhealthy coping strategies ensure that the actual threat of stress constantly lingers unresolved in the background.

(ii) Individuals employ several ineffective defense mechanisms to temporarily alleviate their feelings of extreme environmental stress.
1. Rationalization: This occurs when individuals try to justify unacceptable behaviour or feelings as logical or rational, carefully avoiding true reasons. For example, a person on a diet eats extra cake, falsely claiming it shouldn't be wasted instead of admitting cravings.
2. Reaction Formation: When individuals realise their inner feelings are uncomfortable, they develop conscious attitudes that are exactly the opposite. They try to hide hate with love, completely replacing socially unacceptable thoughts with socially approved, highly exaggerated, and intensely protective behaviour patterns.
3. Projection: This happens when an individual cannot admit their own socially disapproved thoughts towards others. Consequently, the person wrongly attributes the blame to others, such as firmly believing someone else hates them when they actually possess a strong dislike themselves.
4. Displacement: When a person views that it is highly dangerous to show aggression towards a powerful superior, they direct their anger to a safer target. For instance, a man angry with his boss safely vents his negative emotions by scolding his children.

154. During a sudden crisis, such as a fire breaking out in the building, Rahul's autonomic nervous system immediately prepares his body for extensive action. Over time, as he tries to adapt, his physiological resources completely deplete.
Interpret Rahul's physiological responses using biological models.
(i) Identify the specific stress model illustrated in this scenario.
(ii) Name the endocrinologist who proposed this stress model.
(iii) Explain the three stages of this model along with the functioning of two key hormones involved in resisting stress.

Ans :

(i) The biological stress model clearly illustrated by Rahul's physiological responses is the General Adaptation Syndrome.
(ii) This comprehensive model detailing the body's non-specific responses to stress was proposed by Hans Selye.
(iii) When confronted with an environmental threat, an organism undergoes a cluster of non-specific physiological responses to

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rescue worker severely vulnerable to sickness and infection.

139. Rahul joined an advertising firm where his daily duties are never clearly defined, leaving him constantly confused about his exact responsibilities. Additionally, his workstation is situated right next to a noisy manufacturing unit with harsh fluorescent lighting. Furthermore, his supervisors evaluate his output using unstandardised peer reviews, demanding an unrealistic amount of output that far exceeds his capabilities.
Discuss any four specific causes of the stress-producing factors present in Rahul's highly competitive professional environment.

Ans :

Rahul is experiencing severe work-related stress caused by several indisputable factors present in modern target-oriented professional societies:

1. Role ambiguity: This arises when a person's role in the organisation is not clearly defined. Consequently, Rahul remains confused and uncertain about his exact job responsibilities, leading to decreased motivation, efficiency, and a heightened level of stress.
2. Difficult or unpleasant work environment: Adverse physical working conditions, such as the extreme noise from the manufacturing unit and over-illumination through harsh fluorescent lighting, cause immense stress and increase physical fatigue.
3. Performance appraisal: Workers feel highly stressed when the evaluation system lacks a standardised rule. Evaluating output based on unstandardised peer reviews drastically decreases work efficiency along with the employee's self-esteem.
4. High workload: This occurs when the required amount of work and expected output do not match the person's perception and ability regarding how much they can handle efficiently, producing deep feelings of insecurity and stress.

140. To manage her chronic tension, Sunita visits a therapist who attaches physiological sensors to her body. These sensors help her observe her rapid heart rate on a monitor, teaching her how to consciously lower it. Concurrently, she begins practicing an ancient discipline that involves specific breathing exercises and withdrawing her awareness from external objects to observe her inner detrimental habits.
Elaborate on the technologically assisted technique Sunita is using to control her physiological responses, and describe the two specific stages of the ancient discipline she is practicing.

Ans :

Sunita is utilising specific effective strategies to restore her physical and mental homeostasis and effectively combat chronic tension:

1. Biofeedback is a technologically assisted technique employed for stress management. It helps a person learn effective ways of controlling certain physiological responses associated with stress, such as an excessive increase in heart rate.
2. This technique involves three systematic stages: first, becoming aware of a particular physiological response; second, learning specific physical and mental exercises to control that response; and third, applying the technique independently during times of stress.
3. Concurrently, Sunita is practicing Yoga, specifically focusing on Pranayama. This constitutes the breathing exercise stage that improves the functioning of the respiratory system, simultaneously rejuvenating the mind and body.
4. Furthermore, she is practicing Pratyahara, which involves withdrawing awareness from external objects and turning it inward. This withdrawal allows her to strictly observe her internal habits that may be detrimental to her health and spiritual growth.

141. Read the conversation below and answer the questions that follow:
Rakesh: "I don't know what is wrong with me. When I joined this firm last year, I was full of energy and pride, ready to take on any target."
Aman: "You did work very hard initially and delivered great results."
Rakesh: "But lately, I am always tired. I feel confused, my sleep is completely disturbed, and I even started smoking again."
Aman: "You need a break. You look physically ill and angry all the time."
Rakesh: "Yes, the chronic exhaustion is intensifying every single day, and I just can't focus."
(i) Identify the specific psychological condition

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must always remain cordial. When there is constant friction, systemic bias, lack of appreciation, or highly unfriendly colleagues, it proves severely detrimental to psychological health and performance.

156. Read the conversation below and answer the questions that follow:
Ravi: "I used to love my job, but lately, I dread going to the office. The targets keep increasing, and my manager never clarifies what I am supposed to do."
Sunita: "I understand. Plus, the constant noise from the construction next door and the new peer-review system are making things worse for everyone."
(i) Identify the specific category of stress Ravi and Sunita are discussing.
(ii) Describe any six causes associated with this category of stress as highlighted in the chapter.

Ans :

(i) They are discussing work-related stress.
(ii) The six causes of work-related stress are:
1. High workload or underload: This occurs when the amount of work and the expected output of the person do not match the person's perception and ability of how much work he can handle efficiently, or underload produces insecurity, boredom, and feelings of being neglected.
2. Difficult or unpleasant work environment: Physical working conditions such as extreme noise, poor illumination or over-illumination through fluorescent lighting, extreme humidity, and working closely with different chemical substances can cause severe stress as well as drastically increase fatigue levels in the employee.
3. Role ambiguity: It arises when a person's role in the organisation is not clearly defined. As a result, he may remain confused and uncertain about his exact job responsibilities and duties, which leads to decreased motivation and efficiency, accentuating his stress.
4. Relation with other employees: Relationships with co-workers, one's reporting head or other senior management, and subordinates should always be cordial. Otherwise, it proves highly detrimental to overall health and performance at work, creating a continuously stressful psychological environment for the working individual.
5. Career related issues: Different career-related issues such as attaining a proper professional degree, the pressing issue of job security, early retirement, lack of promotion, or the absence of a salary hike make the individual highly prone to develop various stress-related disorders over time.
6. Performance appraisal: The new work culture assigns importance to regular appraisal of performance or peer performance evaluations. Workers feel stressed when they see the evaluating system has no standardised rule, leading to their work efficiency and self-esteem decreasing drastically over the period.

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157. Analyse the dialogue and answer:
Karan: "Did you notice how Meera shouted at her younger brother yesterday? She was actually reprimanded by our principal, but she took it out on him instead."
Arjun: "Yes, and when I asked her about failing the unit test, she said the teacher hates her, rather than admitting she didn't study at all."
(i) Identify and explain the broad psychological process Meera is using to manage her stress.
(ii) Explain any five types of these processes that individuals might unconsciously adopt during stressful situations.

Ans :

(i) Meera is using ego-defense mechanisms. These are unconscious psychoanalytic processes adopted by individuals to manage stress and save the ego from anxiety-provoking, socially unacceptable thoughts and ideas.
(ii) Five types of defense mechanisms are:
1. Rationalization: When individuals try to justify their unacceptable behaviour or feelings as acceptable, logical or rational, they successfully avoid the true reasons of the behaviour, such as eating extra cake while on a diet by claiming it shouldn't be wasted.
2. Reaction formation: When individuals realise that their own feelings and thoughts are uncomfortable for self and others, they develop conscious attitudes and behaviour patterns that

(a) Assuming a rigid physical posture and remaining completely immobile for several hours.
(b) Responding to conversational questions with extremely brief, one-word replies.
(c) Failing to show appropriate emotional responses to significant external stimulation.
(d) Experiencing a total lack of motivation to initiate or complete any routine daily task.

Ans :

(b) Responding to conversational questions with extremely brief, one-word replies.
Alogia is a prominent negative symptom of schizophrenia characterised by a severe poverty of speech. Patients experiencing alogia often lack the drive to speak voluntarily, or they merely attempt to participate in routine conversations by providing extremely brief, minimal, or one-word replies to questions directed at them by other people.

5. In Rational Emotive Therapy (RET), the therapist works to change the client's unhealthy emotional consequences by addressing their underlying irrational thoughts.
What is the primary objective of the therapist during the 'Disputing' stage of this model?
(a) To actively challenge the client's irrational beliefs by asking for valid evidence.
(b) To identify the external undesirable event that originally triggered the client's anxiety.
(c) To establish a supportive environment where the client feels accepted without judgement.
(d) To expose the client to fear-producing objects in a slow and hierarchical manner.

Ans :

(a) To actively challenge the client's irrational beliefs by asking for valid evidence.
In the ABCDE model of Rational Emotive Therapy (RET), the 'Disputing' step primarily involves the therapist actively challenging the client's deeply held irrational beliefs. The therapist purposefully asks nondirective questions to make the client think analytically and look for concrete evidence that firmly disproves their faulty and unhealthy emotional assumptions.

6. Six-year-old Kabir often throws violent tantrums at the toy store to get new action figures. Previously, his parents would buy him the toys to avoid public embarrassment. Recently, they have started completely ignoring his screaming and refusing to buy the toys. Over time, Kabir stops throwing these tantrums.
Identify the behavioural therapy technique applied by Kabir's parents.
(a) Token economy
(b) Contingency management
(c) Extinction
(d) Systematic desensitization

Ans :

(c) Extinction
Extinction operates by intentionally removing the external reinforcement that previously maintained a disruptive behaviour. By completely ignoring Kabir's public tantrums and refusing to purchase the action figures, his parents successfully stopped positively reinforcing his negative actions. This lack of attention eventually led to the total elimination of his tantrum-throwing behaviour.

7. Fourteen-year-old Rohan frequently skips his school classes without informing his parents. He has been caught vandalising school property, often bullies his younger classmates, and manipulates his friends to steal their pocket money.
Which one of the following psychological disorders aligns best with Rohan's behaviour?
(a) Attention Deficit Hyperactive Disorder
(b) Autism Spectrum Disorder
(c) Separation Anxiety Disorder
(d) Conduct Disorder

Ans :

(d) Conduct Disorder
Conduct Disorder is a behavioural condition characterised by severe, age-inappropriate behaviours that repeatedly violate societal norms and the basic rights of others. Rohan's destructive actions, which include chronic truancy from school, damaging property through vandalism, proactive aggression like bullying, and engaging in deceitful theft, perfectly match these clinical diagnostic symptoms.

8. Individuals suffering from specific psychological disorders often develop heavily distorted cognitive structures regarding their actions and intentions.
According to the cognitive perspective, which of the following describes the concept of 'thought-action fusion'?

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159. Examine the following interaction and answer the questions:

Tanya: "When I joined this agency, I was full of enthusiasm and pride. I worked late every day."

Rohit: "I remember. But now, you look constantly exhausted, you frequently fall ill, and yesterday you said you felt entirely oppressed and cynical about your career."

Tanya: "Yes, I feel like I have totally exhausted my ability to adapt. I can't function on the job anymore."

(i) Identify the specific psychological condition Tanya is experiencing due to prolonged workplace stress.

(ii) Name the researchers who defined this condition as a debilitating psychological condition brought on by excessive work stress.

(iii) Describe the five distinct stages of this condition as identified by the researchers.

Ans :

(i) Tanya is experiencing burnout.

(ii) This condition was defined by researchers Veninga and Spardley.

(iii) The five distinct stages of burnout are:

1. Honeymoon phase: This initial phase is strongly marked with a high level of satisfaction, commitment, excitement, enthusiasm, pride, and creativity, which helps the individual to effectively meet and handle the various stressors associated with the responsibilities of the new job.
2. Fuel shortage: A vague feeling of loss, fatigue, sleep disturbances, and confusion starts to emerge. This induces unhealthy coping habits like eating, smoking, or drinking, and the person starts becoming consciously aware to some extent of their growing job dissatisfaction.
3. Chronic symptom: In this advanced phase, the previously minor issues worsen significantly. The individual begins to experience severe chronic exhaustion, debilitating physical illness, intense anger, and deep depression as the ongoing workplace stress intensifies and begins to dominate their emotional state.
4. Crisis stage: After a prolonged period of feeling stressed, one starts to feel oppressed and obsessed with work-related frustrations. Heightened pessimism and self-doubt lead to low self-confidence, an escapist mentality, and physical ailments such as severe headaches or high blood pressure.
5. Hitting the wall: This final stage is characterised by the total exhaustion of one's ability and energy to adapt to their surroundings. The symptoms of burnout become so prominent that it seems impossible for the person to continue functioning on the job.

160. Based on the conversation below, respond to the following:

Aditi: "When the teacher announced the surprise test, my immediate thought was whether this would ruin my final grade."

Vikram: "I thought about that too, but then I quickly started evaluating if I had enough time to revise my notes or if I should just guess the answers."

(i) Which stress model explains Aditi and Vikram's thought processes?

(ii) Based on this model, what is meant by the primary appraisal stage?

(iii) Explain the three alternative evaluations of primary appraisal and the focus of secondary appraisal.

Ans :

(i) Their thought processes are explained by the Cognitive Appraisal Model of Stress.

(ii) The primary appraisal stage involves individuals trying to judge the situation or stressor they face. They assess its probable influence to determine if it threatens their well-being.

(iii) The evaluations and secondary appraisal are:

1. This is not important: The individual's primary cognitive appraisal evaluates the encountered stressor or situation as having no significant relevance or influence on their life, meaning this specific evaluation does not lead them to perceive the current situation as stressful.
2. This is good: The individual perceives the situation in a highly positive light, viewing it as beneficial rather than threatening. Since they hold this optimistic evaluation, it similarly does

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rapidly erodes this delicate protective lining.

4. Their chronic stress can greatly worsen the symptoms of asthma, a severe chronic lung disease that persistently inflames and narrows the bronchial tubes. Exposure to environmental stress acts as a significant risk factor, making the person more anxious and trapping them in a vicious cycle.

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(i) Identify the broad category of the coping strategy and the specific psychological process being used by the employee in the second scene.

(ii) Explain five other similar psychological processes that individuals unconsciously adopt to manage such stressful situations.

Ans :

(i) The broad category of this ineffective strategy is ego-defense mechanisms, which are unconscious processes adopted to manage stress. The specific psychological process used by the angry employee is displacement.

(ii) According to psychoanalytic theory, individuals who are emotionally overwhelmed often resort to ineffective strategies. Five other similar psychological processes that individuals unconsciously adopt to manage stress include the following:

1. Rationalization occurs when individuals try to justify their unacceptable behaviour or feelings as acceptable, logical, or rational, thereby deliberately avoiding the true reasons behind the behaviour. An exact example is a dieting person justifying eating extra cake just to avoid wasting it.
2. Reaction formation happens when individuals realise their own inner feelings are intensely uncomfortable, leading them to develop conscious attitudes and behaviour patterns that are the exact opposite. Thus, they replace socially unacceptable thoughts by trying to hide deep hate with exaggerated love.
3. Projection takes place when an individual absolutely cannot admit their own thoughts or feelings for others because they know it will be socially disapproved. Consequently, the person attributes the blame to others, such as falsely ascribing their own strong dislike onto someone else.
4. Regression refers to the situation when an individual completely reverts to less mature responses associated with earlier developmental levels. By adopting infantile behaviour, they find quick temporary relief when they face severe stress or new challenges and cannot deal with them appropriately.
5. Repression occurs when one forcefully forgets his or her own undesirable thoughts by pushing them deeply down to the unconscious from the conscious level. For example, a woman might not understand that she is actually intensely attracted to her sister's handsome boyfriend.

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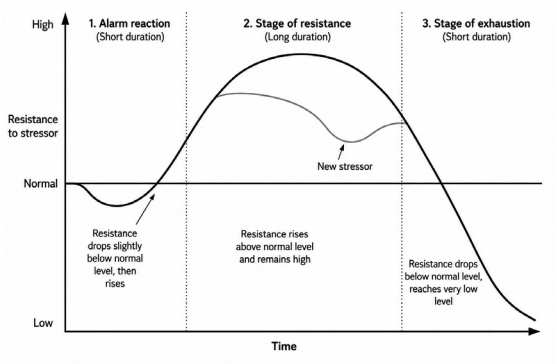
163. Examine the graphical representation given below and answer the questions:


High
Resistance to stressor
Normal
Low
1. Alarm reaction (Short duration)
2. Stage of resistance (Long duration)
3. Stage of exhaustion (Short duration)
New stressor
Resistance drops slightly below normal level, then rises
Resistance rises above normal level and remains high
Resistance drops below normal level, reaches very low level
Time

(i) Identify the biological model depicted and explain the initial reactions that take place in the first stage of this phenomenon.

(ii) Describe the subsequent two stages of this model, including the specific physiological and hormonal changes that occur.

not let them perceive the encountered event or situation as stressful.

3. This is threatening: The individual perceives potential harm to their well-being, evaluating the situation as harmful, challenging, or threatening. This specific evaluation causes them to experience stress, considering the past damage or future damage that may likely be brought about.
4. Secondary appraisal stage: This occurs simultaneously with the primary stage and involves the person's perception of how they can deal with the situation. They evaluate whether their coping mechanisms are adequate to handle it effectively or inadequate, leading to negative outcomes.

161. Based on the visual timeline of an employee's journey, respond to the following:

(i) Identify the debilitating psychological condition depicted in the sequence of images.
(ii) Describe the five distinct stages of this condition as conceptualised by Veninga and Spardley, and state one overarching reason identified by Pareek that leads to such a slump in performance.

Ans :

(i) The debilitating psychological condition depicted in the visual timeline is burnout.
(ii) Veninga and Spardley identified five distinct stages of this condition, while Pareek identified broader contributing factors:
   1. The first stage is the honeymoon phase, which is marked by a remarkably high level of satisfaction, commitment, excitement, enthusiasm, pride, and creativity, where the individual enthusiastically attempts to meet and overcome the various stressors associated with their new job.
   2. The second stage is fuel shortage, which initiates a vague feeling of loss, fatigue, sleep disturbances, and confusion, often inducing habits like eating or smoking, as the person slowly starts becoming aware to some extent of their underlying job dissatisfaction.
   3. The third stage involves chronic symptoms where physical and psychological issues intensify significantly, leading to chronic exhaustion, physical illness, severe anger, and deep depression, making it increasingly difficult for the individual to maintain their normal personal and professional daily functioning.
   4. The fourth stage is the crisis phase, occurring after a prolonged period of feeling stressed, where one feels completely oppressed, becomes obsessed with work-related frustrations, develops heightened pessimism and self-doubt, and experiences pronounced physical ailments like ulcers or headaches.
   5. The fifth stage is hitting the wall, characterised by the total exhaustion of one's ability and energy to adapt to surroundings, with symptoms becoming so prominent that it indicates a serious physical or emotional problem, making it impossible to function on the job.
   6. Furthermore, according to Pareek, a slump in an individual's performance or burnout can be attributed to common factors such as the level of stress, types of stress, personality, the nature of the job, non-work life, lifestyle, coping styles, and organisational climate.

162. Study the behavioral sequence illustrated below and respond to the questions:

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encountered stressor or situation may give rise to three distinct alternative evaluations: perceiving that the event is not important, perceiving that it is good, or perceiving that it is threatening to their overall well-being.

2. Among these three initial evaluations, if the individual firmly decides that the specific event is either not important or inherently good, they actively do not perceive the situation as stressful. However, if the evaluation clearly indicates a threat to well-being, stress is quickly generated.
3. Once perceived as stressful, the primary cognitive appraisal further classifies the stressful situation into distinct categories. If it is classified as a harmful situation, it explicitly indicates the specific level of psychological or physical damage that has already been done by an event.
4. Conversely, if the situation is classified as threatening, the individual experiences acute stress by deeply considering the potential future damage that may likely be brought about by the situation, making them anxiously anticipate negative consequences that have not yet fully materialised.
5. Alternatively, if the situation seems challenging, a positive stress develops within the individual. This empowering classification means the person feels much more confident and highly motivated to take an adaptive, effective response to successfully overcome the stressful situation and achieve their desired goal.

165. Analyze the contrasting professional behaviors depicted in the illustration and answer the questions:

(i) Identify the specific personality type of the highly stressed individual shown on the left side of the image.

(ii) State the prominent behavioural characteristics and psychological traits typically exhibited by this specific personality type.

(iii) Discuss four specific physiological ailments or psychosomatic disorders this individual is highly susceptible to due to their chronic internal pressure.

Ans :

(i) The highly stressed individual on the left clearly exhibits the traits of a Type-A personality.

(ii) Individuals with a Type-A personality are predominantly high achievers, highly ambitious, intensely competitive, and chronic workaholics. Their remarkably high aspiration levels consistently make them more stressed. They constantly desire to complete massive amounts of work within strict time limits.

(iii) Due to constant internal pressure and persistently high levels of excitement, anger, or tension, Type-A individuals upset their internal mechanisms and become highly susceptible to several severe psychosomatic and physiological health issues:

1. They frequently experience sustained high blood pressure or hypertension. The body secrets a surge of hormones in response to chronic stress, which severely constricts the blood vessels and raises blood pressure, acting as a dangerous, silent killer that slowly damages various organs.
2. Extensive psychological research firmly suggests this personality type is directly linked to experiencing exceptionally high levels of stress culminating in severe cardiac problems. The intense internal pressure they continuously create to desperately achieve more than others ultimately leads to devastating cardiac arrests.
3. They are highly prone to developing painful ulcers, which are holes found in the protective lining of the stomach or duodenum. Stress, often coupled with poor lifestyle habits, intensely promotes acidic secretion from the stomach, which

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are just the opposite, replacing socially unacceptable feelings or thoughts with socially-approved behaviour, like hiding hate with love.

3. Projection: When an individual cannot admit their own thoughts or feelings for others because they know it will be socially disapproved, the person attributes the blame to others, such as ascribing strong dislike onto someone else to protect themselves from inner guilt.
4. Regression: It refers to the situation when an individual reverts to less mature responses associated with earlier developmental levels. When a person faces severe stress or new challenges, they find quick relief by adopting infantile behaviour, like thumb sucking in older children.
5. Displacement: When a person views that it is dangerous or socially disapproved to show his aggression towards others, he directly redirects his aggression to a safer target on which he can vent negative emotions safely, like a man scolding his children instead of his boss.

158. Study the exchange given below and respond to the questions:

Dr. Menon: "When a patient encounters a sudden threat, their body doesn't just react randomly; it follows a highly specific, three-stage biological processor experience."

Intern: "That makes sense. But the triggers for these biological responses seem to vary widely, ranging from extreme weather conditions to complex social conflicts."

(i) Based on Dr. Menon's statement, describe the three stages of the stress model proposed by Hans Selye.

(ii) Referring to the intern's observation, explain the four main groups of factors that trigger stress.

Ans :

(i) The three stages of the General Adaptation Syndrome (GAS) are:

1. Alarm stage: In this stage, an organism is suddenly exposed to a threatening and unfamiliar stimulus. The sympathetic division of the autonomic nervous system gets activated and prepares the body for extensive action, increasing blood pressure, heartbeat, and releasing adrenaline.
2. Resistance stage: It is a rebound reaction phase to the stimulation where the body tunes up fast to react. The secretion of adrenaline mobilizes glucose, providing the energy for fight or flight, making the initial symptoms disappear as resistance increases.
3. Exhaustion stage: If the exposure to the stressor persists, gradually the body's resistance breaks down completely. The resources that help the body to fight deplete continuously, causing the capacity to respond to collapse, leading to sickness or even death.

(ii) The four main groups of stressors are:

1. Physiological stressors: These biological factors include experiencing excessive exercise, a severe lack of rest and sleep, chronic pain, unexpected physical injury, and various diseases that directly compromise the body's physical well-being and trigger a physiological stress response within the individual.
2. Environmental stressors: These external factors include dealing with different kinds of pollution, excessive humidity, extreme temperature, lack of proper illumination, presence of radioactive substances, crowding or isolation, and excessive noise that disrupt an individual's natural balance and comfort levels.
3. Social stressors: Found in personal and work situations, these encompass the break-up of intimate relationships, incompatible sexual relationships, lack of leadership qualities, workplace discrimination, workplace sexual harassment, and a lack of healthy relationships with parents, siblings, or neighbours, deeply affecting daily life.
4. Psychological stressors: These mainly focus on emotion-inducing factors that activate stress directly or indirectly. Situations that we cannot manage according to social expectations induce negative feelings like frustration, conflict, and guilt, along with sudden shocks like separation or bereavement.

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CHAPTER 05

Psychological Disorders and Psychotherapy

MULTIPLE CHOICE QUESTION

1. According to the criteria for abnormality, which of the following situations BEST illustrates a 'Dysfunctional' behaviour?
(a) An individual constantly experiences intense grief that upsets their family members.
(b) An individual strictly adheres to cultural rituals that are highly uncommon in modern society.
(c) An individual neglects their daily hygiene and is unable to concentrate on office tasks.
(d) An individual routinely drives at extremely high speeds on busy city roads.

Ans :

(c) An individual neglects their daily hygiene and is unable to concentrate on office tasks.
Dysfunctional behaviour refers to actions that actively interfere with a person's ability to perform their day-to-day activities properly. Neglecting personal hygiene and being consistently unable to concentrate on routine workplace tasks directly demonstrate a significant impairment in the individual's overall daily functioning, thereby fitting the 'dysfunctional' criterion of abnormality.

2. A mental health professional is diagnosing a patient using the DSM-IV classification system. The clinician notes that the patient has recently lost their job and is facing eviction from their home.
Identify the specific Axis where this information should be recorded.
(a) Axis I
(b) Axis II
(c) Axis III
(d) Axis IV

Ans :

(d) Axis IV
In the DSM-IV multiaxial classification system, Axis IV is specifically used to report various psychosocial and environmental conditions that may affect the diagnosis, treatment, and prognosis of mental disorders. These circumstances include critical occupational factors like sudden unemployment, as well as severe housing problems such as homelessness or sudden eviction.

3. Aarav has recently experienced a setback in his business. He constantly tells himself that he is completely incompetent, that his colleagues are intentionally trying to ruin him, and that he will never achieve success in any future venture.
Determine the psychological concept that best explains Aarav's thought process.
(a) Unconditional positive regard
(b) Incongruence of self
(c) Learned helplessness
(d) Negative cognitive triad

Ans :

(d) Negative cognitive triad
According to Aaron Beck's cognitive perspective, depressed individuals often develop a negative cognitive triad. This psychological concept involves the person holding automatic, repetitive, and highly irrational negative thoughts about themselves (feeling thoroughly incompetent), the surrounding world (believing colleagues are ruining him), and their future (feeling doomed to fail in ventures).

4. Schizophrenia is characterised by both positive and negative symptoms that severely impair an individual's connection with reality.
Which one of the following manifestations represents the negative symptom of 'Alogia'?

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Ans :

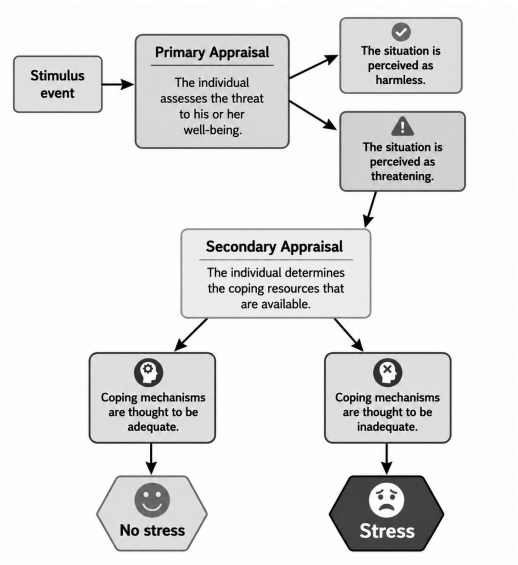
(i) The biological model depicted is Hans Selye's General Adaptation Syndrome (GAS). The first stage of this phenomenon is the alarm stage, which unfolds as follows:

1. Initially, the organism is suddenly exposed to a threatening and unfamiliar stimulus. This sudden phase involves the immediate reaction to the stimulus, where the organism's body recognises the presence of the threat and immediately prepares to launch a biological response.
2. Following this exposure, the sympathetic division of the autonomic nervous system gets fully activated. This critical activation systematically prepares the body for extensive action, initiating the physiological changes required to physically manage and confront the newly identified environmental threat.
3. As a direct result of this nervous system activation, there is an immediate increase in blood pressure, heartbeat, and glucose levels. The body also triggers the rapid release of the hormone named adrenaline, providing a sudden burst of vital energy.

(ii) Following the alarm stage, the organism progresses through the remaining two stages of the General Adaptation Syndrome to cope with the stressor:

1. The resistance stage is a rebound reaction phase where the body tunes up fast. Secretion of adrenaline mobilizes glucose, providing energy for fight or flight, and symptoms from the previous stage disappear as the organism's power of resistance significantly increases.
2. During this resistance phase, the adrenocorticotropic axis actively works to resist stress. The pituitary gland secretes ACTH, which activates the adrenal glands to secrete cortisol, a hormone that breaks down fats and proteins to provide the body with vital glucose.
3. If exposure to the stressor persists, the organism enters the exhaustion stage. The body's resistance gradually breaks down, and the physiological resources that help the body fight the stressor deplete continuously, ultimately causing the body's capacity to respond to collapse.
4. In this final exhaustion stage, due to the persistently increased level of cortisol, the person may not be able to successfully ward off infections. Consequently, the individual either becomes severely sick or, in extreme cases of prolonged stress, may even die.

164. Read the conceptual flowchart given below and answer the questions that follow:


Stimulus event
Primary Appraisal
The individual assesses the threat to his or her well-being.
The situation is perceived as harmless.
The situation is perceived as threatening.
Secondary Appraisal
The individual determines the coping resources that are available.
Coping mechanisms are thought to be adequate.
Coping mechanisms are thought to be inadequate.
No stress
Stress

(i) Name the researchers who proposed the psychological model depicted in the flowchart.

(ii) Identify the specific stage where the individual determines if the coping mechanisms are adequate or inadequate.

(iii) Discuss the first stage of this model, detailing the three alternative evaluations and how the stressful situation is subsequently classified.

Ans :

(i) The Cognitive Appraisal Model of Stress was proposed by researchers Lazarus and Folkman in 1984.

(ii) The stage where the individual evaluates the availability and success of coping mechanisms is the secondary appraisal stage.

(iii) The primary appraisal stage is the first step where individuals primarily try to judge the situation or stressor and its probable influence on them:

1. During primary cognitive appraisal, an individual's critical evaluation of any

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(a) Believing that merely imagining a harmful event is morally equivalent to actually executing it.
(b) Associating an unrelated neutral stimulus with a traumatic event through classical conditioning.
(c) Unconsciously directing repressed aggressive impulses towards a completely harmless object.
(d) Assuming that one's personal achievements are entirely controlled by unpredictable external forces.

Ans :

(a) Believing that merely imagining a harmful event is morally equivalent to actually executing it.
From the cognitive perspective, thought-action fusion is a faulty and maladaptive belief frequently observed in Obsessive Compulsive Disorder (OCD). It occurs when an individual firmly believes that simply having a fleeting, intrusive thought about doing something harmful is functionally and morally equivalent to actually committing the dangerous act in reality.

9. Meera constantly feels uncomfortable if she is not the center of attention at social gatherings. She frequently uses exaggerated emotional expressions and provocative attire to draw people towards her. However, she has a very low tolerance for delayed gratification.
Identify the personality disorder that reflects Meera's behavioural patterns.
(a) Histrionic Personality Disorder
(b) Dependent Personality Disorder
(c) Avoidant Personality Disorder
(d) Passive-aggressive Personality Disorder

Ans :

(a) Histrionic Personality Disorder
Histrionic Personality Disorder is heavily marked by excessive attention-seeking behaviour and heightened emotionality. Individuals like Meera constantly feel uneasy when not in the spotlight, consistently utilize provocative or seductive attire to attract public attention, display overly dramatic emotions, and struggle significantly with managing frustration or handling any delayed gratification.

10. Following a long period of institutionalisation for a mental illness, Suresh is introduced to a psychosocial rehabilitation programme. A therapist helps him engage in adapted regular activities like vocational work, education, and self-care routines so that he can fit back into his community.
Which specific component of psychosocial rehabilitation is the therapist using?
(a) Deinstitutionalisation
(b) Occupational therapy
(c) Social skill training
(d) Token economy

Ans :

(b) Occupational therapy
Occupational therapy within a psychosocial rehabilitation programme involves guiding recovering individuals to actively participate in regular, meaningful activities such as vocational work, education, and self-care. The specific tasks and physical environments are specially adapted to ensure the person can perform them properly and reintegrate smoothly into their wider community life.

11. Aryan, a software engineer, is highly successful but feels a deep sense of emptiness and anxiety. He constantly worries that he is not living up to the brilliant, flawless image he has envisioned for himself.
Which one of the following psychological approaches best explains the root cause of his distress?
(a) He has repressed childhood traumas involving strict parents.
(b) He is experiencing a gap between his real self and ideal self.
(c) He has developed a faulty learning pattern through conditioning.
(d) He suffers from a chemical imbalance in the nervous system.

Ans :

(b) He is experiencing a gap between his real self and ideal self.
The humanistic approach describes abnormality in terms of incongruence between one's ideal self (who one aspires to be) and real self (who one actually is). Aryan's deep distress and anxiety stem directly from this gap, blocking him from fulfilling his true potential, rather than resulting from repressed conflicts or faulty conditioning.

12. A patient is observed in a psychiatric ward exhibiting a complete lack of motivation to initiate or complete any task. Even when

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prompted, the individual sits idly without responding to everyday social standards.
Which one of the following terms accurately represents this specific clinical feature?
(a) Avolition
(b) Alogia
(c) Anhedonia
(d) Echopraxia

Ans :

(a) Avolition
Avolition is a negative symptom of schizophrenia characterized by a total lack of drive or initiative to do anything or complete any task. The patient's inability to engage in regular activities and lack of motivation directly points to avolition, rather than a speech deficit (alogia) or inability to feel pleasure (anhedonia).

13. Meera becomes intensely distressed whenever she touches a doorknob, believing she will contract a deadly disease. To neutralize this overwhelming dread, she washes her hands precisely seven times in a specific sequence.
Which one of the following describes the underlying mechanism maintaining her hand-washing routine?
(a) It is a delusional belief of persecution.
(b) It is a phobic avoidance of crowded spaces.
(c) It is a repetitive act providing temporary relief from anxiety.
(d) It is a panic attack triggered by severe physical arousal.

Ans :

(c) It is a repetitive act providing temporary relief from anxiety.
In Obsessive Compulsive Disorder, obsessions like intrusive thoughts about germs create marked anxiety. Compulsions, such as repetitive hand-washing, are performed to neutralize the effect of the dreaded thought. This repetitive behaviour is maintained because it provides temporary relief from the distress, thus reinforcing the psychological cycle of the disorder.

14. During a counseling session, the therapist ensures that they do not pass judgment on the patient's feelings or offer direct solutions. Instead, the therapist openly shares their own genuine thoughts and maintains an atmosphere of complete acceptance.
Which one of the following core principles is the therapist demonstrating by not hiding behind a professional facade?
(a) Unconditional positive regard
(b) Free association
(c) Empathy
(d) Genuineness

Ans :

(d) Genuineness
In client-centered therapy, genuineness refers to the therapist's ability to openly share their true feelings and thoughts. By not hiding behind a professional or authoritative figure and being a real person, the therapist builds a living connection that promotes trust and the honest expression of the client's inner experiences.

15. Rahul lost his job recently and tells his counselor that he is a complete failure who will never succeed in life. The counselor actively challenges this specific thought pattern by asking for evidence that proves he is entirely incompetent.
Which one of the following stages of the therapeutic model is the counselor currently utilizing?
(a) Identifying the activating event
(b) Disputing the irrational belief
(c) Establishing a new expected behaviour
(d) Analyzing the emotional consequence

Ans :

(b) Disputing the irrational belief
According to Rational Emotive Therapy's ABCDE model, the counselor is currently in the 'Disputing' stage. This involves actively challenging the client's irrational beliefs by asking non-directive questions to evaluate how valid those beliefs are. It makes the client think analytically and critically about their automatic assumption of being a complete failure.

16. A clinical psychologist is evaluating a patient to plan a comprehensive treatment program. The psychologist needs to record the individual's psychological, social, and occupational functionality on a continuum.
Which one of the following components of the multiaxial classification system should the psychologist use for this purpose?
(a) Axis II
(b) Axis III
(c) Axis IV
(d) Axis V

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Ans :

(d) Axis V
In the DSM-IV classification system, Axis V is used to report the clinician's evaluation of the individual's overall functioning. It uses the Global Assessment Functioning Scale (GAF) to evaluate psychological, social, and job-related functions on a continuum, which is highly crucial for planning treatment and predicting clinical progress and outcomes.

17. Vikram never openly refuses to complete the assignments given by his manager. However, he deliberately delays his work, consistently claims to have forgotten important instructions, and sulks whenever a new request is made.
Which one of the following disorders is characterized by this specific pattern of behaviour?
(a) Anti-social personality disorder
(b) Avoidant personality disorder
(c) Passive-aggressive personality disorder
(d) Dependent personality disorder

Ans :

(c) Passive-aggressive personality disorder
Passive-aggressive personality disorder is marked by individuals appearing to actively comply with orders while actually passively resisting them. Clinical features include intentional inefficiency, deliberately delaying work, making excuses about forgetting, and showing sulky behaviour towards requests. The individual generally does not express their underlying hostility and anger directly at others.

18. In a rehabilitation centre, patients are awarded specific physical chips every time they display a healthy, pro-social action. Later, they can exchange these chips for extra leisure time or preferred snacks.
Which one of the following learning principles forms the direct basis for this therapeutic strategy?
(a) Classical conditioning
(b) Operant conditioning
(c) Observational learning
(d) Latent learning

Ans :

(b) Operant conditioning
The described strategy is known as a token economy, which is firmly based on the theory of operant conditioning. Operant conditioning states that behaviours yielding positive outcomes are likely to be repeated. The chips serve as positive reinforcements that can be exchanged for privileges, encouraging the learning of adaptive behaviours.

19. Ten-year-old Kabir frequently skips school, deliberately breaks the windows of his neighbours' houses, and aggressively bullies younger children in the park. He shows no regard for societal norms or family expectations.
Which one of the following disorders accurately describes Kabir's disruptive behaviour?
(a) Conduct disorder
(b) Attention Deficit Hyperactive Disorder
(c) Autism Spectrum Disorder
(d) Separation Anxiety Disorder

Ans :

(a) Conduct disorder
Conduct disorder involves severe behavioural issues where children behave in ways inappropriate for their age, violating social norms and destructing property. Symptoms clearly include proactive aggression like bullying, damaging property through vandalism, and truancy from school, which distinguishes it from the inattentiveness and hyperactivity characteristic of Attention Deficit Hyperactive Disorder.

20. A psychiatric patient who has been institutionalized for a long time is being prepared for reintegration into society. Professionals are teaching the patient how to handle interpersonal relationships and resolve everyday problems effectively.
Which one of the following components of psychosocial rehabilitation is specifically focused on these abilities?
(a) Occupational therapy
(b) Vocational training
(c) Social skill training
(d) Cognitive restructuring

Ans :

(c) Social skill training
Social skill training is a vital component of psychosocial rehabilitation that teaches individuals how to handle communication, interpersonal relationships, and problem-solving situations competently. This specific training helps the individual build meaningful friendships and get smoothly integrated into community life

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painful.
(a) Only (Q) and (R)
(b) Only (P) and (S)
(c) Only (R) and (S)
(d) Only (Q) and (P)

Ans :

(a) Only (Q) and (R)
Ananya speaking spontaneously without inhibition demonstrates the technique of free association, where a running account of thoughts is encouraged. Her developing intense anger towards the therapist, mimicking her feelings for her controlling father, is a classic example of transference. Empathy and resistance are not depicted in this specific scenario.

28. Kabir, a young man, often claims that he is a famous historical king and that secret agents are plotting to poison his food. Furthermore, he frequently hears imaginary voices commanding him to lock his doors, and his speech is often a jumble of unconnected words.
Which of the following clinical features correctly describe the symptoms displayed by Kabir?
(P) Firmly held rigid beliefs that have no basis in reality, such as believing oneself to be highly powerful or targeted.
(Q) A state of total immobility and mutism where the person remains conscious but completely unresponsive.
(R) Detailed sensory experiences of something that does not exist in reality, like hearing imaginary voices.
(S) A total lack of emotional responsiveness where the person shows an apathetic behaviour to external stimulation.
(a) Only (Q) and (S)
(b) Only (P) and (Q)
(c) Only (P) and (R)
(d) Only (R) and (S)

Ans :

(c) Only (P) and (R)
Kabir's false claims of being a historical king and being targeted by agents represent delusions of grandeur and persecution. Hearing imaginary voices commanding him to lock his doors exemplifies auditory hallucinations. Catatonic stupor and affective flattening are not present, as he is highly active and vocal during these episodes.

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29. Meera is constantly plagued by intrusive, unwanted images of her hands being covered in deadly germs. To relieve the intense anxiety caused by these thoughts, she feels compelled to wash her hands with harsh soap exactly twenty times before leaving the bathroom.
Which of the following components accurately explain the pattern of Meera's psychological condition?
(P) Extreme and irrational fear of specific public places from where escape might be difficult.
(Q) Repeated, unwanted, and intrusive thoughts or images that cause marked anxiety.
(R) Repetitive behaviours or mental activities performed to remove distress or neutralize dreaded thoughts.
(S) Persistent and excessive worry about multiple daily events, lasting for more than six months.
(a) Only (P) and (S)
(b) Only (Q) and (P)
(c) Only (R) and (S)
(d) Only (Q) and (R)

Ans :

(d) Only (Q) and (R)
Meera's intrusive, unwanted thoughts about deadly germs represent obsessions, which cause her significant anxiety. Her subsequent urge to repeatedly wash her hands exactly twenty times is a compulsion, a ritualistic behaviour performed specifically to neutralize the distress caused by the dreaded obsessive thoughts. Agoraphobia and generalized anxiety are completely absent.

30. Sameer failed his recent entrance examination and developed a deep-seated belief that he is completely worthless. His counselor actively challenges this illogical belief by questioning its validity and helps him restructure his negative thought patterns by finding evidence of his past successes.
Which of the following concepts align with the counselor's therapeutic approach to Sameer's problem?
(P) Actively questioning and challenging irrational beliefs to formulate a new, rational and realistic belief.
(Q) Guiding the client to explore their unconscious primitive urges and repressed traumatic memories.
(R) Assisting the individual in restructuring their dysfunctional thought processes and negative core schemas.

(c) Pairing a relaxed mental state with a fear-producing object in a hierarchical manner.
(d) Providing positive reinforcements to the patient for exhibiting desired healthy behaviours.

Ans :

(c) Pairing a relaxed mental state with a fear-producing object in a hierarchical manner.
The scenario illustrates systematic desensitization, a classical conditioning-based behavioural therapy. It involves creating a relaxed mental state and then gradually exposing the patient to the anxiety-provoking stimulus in a step-by-step, hierarchical manner. This repeated pairing eventually replaces the extreme fear response with relaxation, successfully removing the phobia.

25. After a long period of hospitalisation for a severe mental illness, Sunita is placed in a rehabilitation centre. Here, professionals help her adapt to a workplace environment by modifying tasks to suit her current abilities, ensuring she can perform her work properly and fit into a group setting.
Which one of the following components of psychosocial rehabilitation is highlighted here?
(a) Establishing the person as a respected community member without any societal discrimination.
(b) Teaching the person how to handle interpersonal communication and complex social situations.
(c) Transitioning the person from long-term hospitalisation to live independently with support.
(d) Adapting the work environment and specific tasks so the person can perform them effectively.

Ans :

(d) Adapting the work environment and specific tasks so the person can perform them effectively.
The scenario demonstrates occupational therapy, an essential component of psychosocial rehabilitation. In this approach, individuals participate in regular activities like work, education, and self-care. The environment and tasks are specifically adapted to match the individual's abilities, enabling them to function properly, gain confidence, and integrate into a group.

26. Rahul, a software engineer, has recently stopped going to work and spends his entire day in bed. He feels intense sorrow and cries frequently, which deeply upsets his family. However, he does not break any laws or attempt to harm himself physically.
Which of the following characteristics of abnormal behaviour apply to Rahul's current state?
(P) Behaviour that deviates from societal norms and rules.
(Q) Behaviour that interferes with a person's ability to perform day-to-day activities properly.
(R) Behaviour that is unpleasant and upsetting to the person and others around them.
(S) Behaviour that causes physical harm or injury to the individual's own self or others.
(a) Only (P) and (S)
(b) Only (Q) and (R)
(c) Only (P) and (R)
(d) Only (R) and (S)

Ans :

(b) Only (Q) and (R)
Rahul's inability to attend work and perform daily tasks clearly indicates dysfunctional behaviour, which disrupts routine activities. Additionally, his intense sorrow and frequent crying, which also deeply upset his family members, highlight distressing behaviour. He does not exhibit deviant or dangerous traits since he obeys laws and avoids physical self-harm.

27. Ananya visits a mental health professional for her ongoing relationship issues. During the sessions, she is asked to relax on a couch and spontaneously speak whatever comes to her mind, regardless of how irrelevant it seems. Over time, Ananya starts feeling intense anger towards the professional, similar to what she feels for her controlling father.
Which of the following phenomena describe the processes occurring in Ananya's therapy sessions?
(P) The therapist understanding the client's experience and feelings sensitively and accurately.
(Q) The client giving a running account of all thoughts and desires without any inhibition.
(R) An unconscious redirection of feelings from a significant person in the client's life to the therapist.
(S) A strong refusal by the patient to express certain thoughts or memories that are

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Both the assertion and reason are true, and the reason correctly explains the assertion. Kavita's abrupt topic changes, silence, and missed appointments are classic manifestations of resistance in psychodynamic therapy. This occurs when a patient's mind unconsciously blocks threatening or painful repressed memories from surfacing, effectively hindering the free association process.

34. Read the following Assertion and Reason carefully and select the correct option.

Assertion (A): To eliminate Smita's severe alcohol addiction, her therapist directly exposed her to a room full of alcohol bottles for a prolonged period until her urge to drink completely subsided.

Reason (R): Flooding involves repeatedly pairing an undesirable behaviour with an unpleasant or noxious stimulus, such as a nausea-inducing drug, to permanently modify the maladaptive habit.

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(d) Both Assertion and Reason are false.
Both statements are false. The assertion is incorrect because alcoholism is treated using aversion therapy, whereas flooding is specifically used for treating phobias and anxiety. The reason is also false because it defines aversion therapy—pairing undesirable behaviour with an unpleasant stimulus—rather than flooding, which involves prolonged direct exposure to fear-producing stimuli without escape.

35. Read the following Assertion and Reason carefully and select the correct option.

Assertion (A): Neha frequently behaves in a melodramatic and sexually seductive manner at workplace gatherings, feeling deeply uncomfortable if she is not the absolute center of everyone's attention.

Reason (R): Individuals who experience an unresolved Oedipus complex during the phallic stage may display provocative behaviours as adults to seek the love and attention they felt deprived of in childhood.

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
The assertion correctly identifies symptoms of Histrionic Personality Disorder, marked by excessive attention-seeking and heightened emotionality. Both statements are true, and the psychodynamic reason correctly explains this behaviour. It suggests that an unresolved Oedipus complex and feelings of childhood deprivation lead individuals to use provocative behaviours as adults to secure attention and love.

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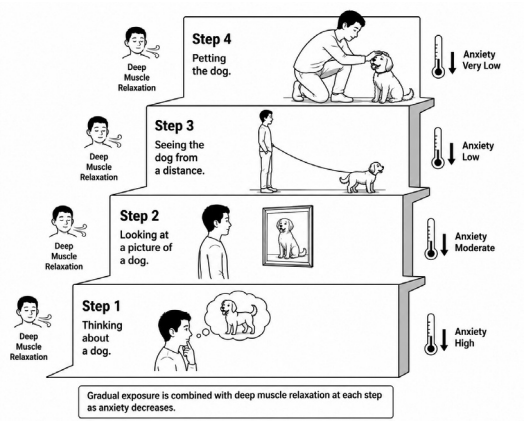
36. Observe the image below and answer the following question.



Mr. Verma has an intense, irrational fear of dogs. His therapist uses the step-by-step approach shown in the image to help him overcome this fear, ensuring he remains relaxed at each progressive stage. Which therapeutic technique is being applied here?

(a) Systematic desensitization
(b) Flooding
(c) Aversion therapy
(d) Token economy

Ans :

(a) Systematic desensitization
Systematic desensitization is a behavioural therapy technique based on classical conditioning. It involves creating a hierarchy of fear-producing

(S) Creating a supportive environment where the therapist accepts the client unconditionally without judgement.

(a) Only (Q) and (S)
(b) Only (P) and (R)
(c) Only (P) and (S)
(d) Only (R) and (Q)

Ans :

(b) Only (P) and (R)
The counselor's method involves challenging Sameer's illogical beliefs about his worthlessness, which characterizes disputing in rational emotive therapy. Furthermore, helping him restructure his negative thought patterns aligns directly with cognitive restructuring to correct dysfunctional schemas. It does not involve psychoanalysis or a purely non-directive, client-centered approach.

31. Read the following Assertion and Reason carefully and select the correct option.
Assertion (A): After repeatedly failing his medical entrance exams despite immense effort, Rohan has completely stopped studying, expressing a firm belief that no amount of hard work will ever change his destiny.
Reason (R): According to Aaron Beck, depressed individuals develop a negative cognitive triad where they hold automatic, repetitive, and irrational thoughts about themselves, the surrounding world, and their doomed future.

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
Both statements are true but refer to different cognitive theories of depression. Rohan's behaviour is a classic example of Seligman's 'learned helplessness', where uncontrollable situations create a generalized belief of powerlessness. Beck's negative cognitive triad is a valid concept but focuses on automatic negative self-schemas, making it the incorrect explanation for this specific scenario.

NODIA

32. Read the following Assertion and Reason carefully and select the correct option.
Assertion (A): Despite being physically capable, Suresh spends his entire day sitting idly in a chair, demonstrating a complete lack of motivation to initiate or finish any routine daily activities.
Reason (R): This total lack of drive or initiative to complete tasks is a positive symptom of schizophrenia, which involves the addition of disruptive behavioural patterns not normally present.

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(c) Assertion is true, and Reason is false.
The assertion correctly describes avolition, a symptom where an individual completely lacks the drive to take initiative or perform daily chores. However, the reason is false because avolition is a negative symptom, not a positive one. Negative symptoms denote the loss or absence of normal abilities, unlike positive symptoms which add abnormal behaviours.

33. Read the following Assertion and Reason carefully and select the correct option.
Assertion (A): During therapeutic sessions, whenever the discussion shifts to her early childhood trauma, Kavita often becomes completely silent, abruptly changes the topic, or completely misses her scheduled appointments.
Reason (R): The client is exhibiting resistance, which is an unconscious blockage of the mind and a strong refusal to express painful or threatening repressed thoughts to avoid emotional distress.

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.

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after experiencing severe mental illness or long-term institutionalization in a hospital.

21. Kavita, a talented artist, feels immense pressure to pursue a career in medicine to be accepted and loved by her parents. Over time, she develops severe anxiety because of the massive gap between what she genuinely wants to be and the expectations she is trying to meet.
Which one of the following statements best explains the root cause of Kavita's anxiety according to psychological perspectives?
(a) Maladaptive behaviours acquired through inappropriate conditioning and learning
(b) Faulty perceptions and irrational thought processes regarding her abilities
(c) Unresolved unconscious conflicts originating from painful childhood experiences
(d) A severe incongruence between her real self and her ideal self

Ans :

(d) A severe incongruence between her real self and her ideal self
According to the humanistic approach, abnormality arises from an incongruence between an individual's real self and ideal self. Kavita experiences severe anxiety because of the unrealistic conditions of worth imposed by her parents, which distort her self-concept and block her from pursuing her true passions and fulfilling her actual needs.

22. During a clinical interview, when the psychiatrist asked Manish about his breakfast, he replied, "The sunny bright is walking on the head socks, while the table dances through the window." He seamlessly jumped from one unconnected idea to another, making his response completely incomprehensible.
Which one of the following clinical features correctly identifies Manish's behaviour?
(a) He is experiencing severe affective flattening and apathetic behaviour.
(b) He is exhibiting disorganised thinking and forming neologisms.
(c) He is displaying repetitive, unnecessary bizzare motor movements.
(d) He is suffering from false beliefs known as delusions of grandeur.

Ans :

(b) He is exhibiting disorganised thinking and forming neologisms.
Disorganised thinking and speech is a positive symptom of schizophrenia. Manish's jumping from one unconnected idea to another indicates loosening of associations or derailment. His use of the term "head socks" is a neologism, which refers to the creation of new words that have no existence in the regular vocabulary.

23. Ritu works in a corporate office. Whenever her manager assigns her an urgent task, she acts as though she is happily willing to do it. However, she deliberately delays the work, makes intentional mistakes, and later claims she simply forgot the instructions, silently resisting the authority.
Which one of the following statements best describes the nature of Ritu's behaviour?
(a) She actively complies with orders but passively resists them due to unexpressed hostility.
(b) She avoids taking responsibility because she has an extreme fear of social interactions.
(c) She constantly needs others to assume responsibility for major aspects of her life.
(d) She engages in deceitful and irresponsible activities without any feelings of guilt.

Ans :

(a) She actively complies with orders but passively resists them due to unexpressed hostility.
Ritu's behaviour is characteristic of passive-aggressive personality disorder. Individuals with this disorder appear to cooperate with requests but secretly resist them through intentional inefficiency, delays, and making excuses like forgetting. This behaviour is a way of expressing hidden resentment and hostility towards authority figures without direct confrontation.

24. Arjun has an intense fear of enclosed spaces. His therapist first teaches him deep muscle relaxation techniques. Once Arjun is completely relaxed, the therapist asks him to close his eyes and imagine standing near an elevator. Over several sessions, they gradually progress to him imagining stepping inside, and finally, actually riding the elevator.
Which one of the following therapeutic principles is being applied in this scenario?
(a) Removing unwanted behaviour by associating it with a highly noxious and unpleasant stimulus.
(b) Directly exposing the patient to the fear-provoking situation for a prolonged period.

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stimuli and pairing gradual exposure to these stimuli with deep muscle relaxation. As Mr. Verma progresses step-by-step while remaining relaxed, a new association is formed, ultimately eliminating his phobic anxiety.

37. Observe the image below and answer the following question.

Arun, a college student, has started experiencing the distressing phenomena depicted in the illustration. He firmly believes the shadows are real threats and the voices are government agents plotting against him, despite his family proving otherwise. Which specific symptom of a major psychological disorder is Arun primarily exhibiting?

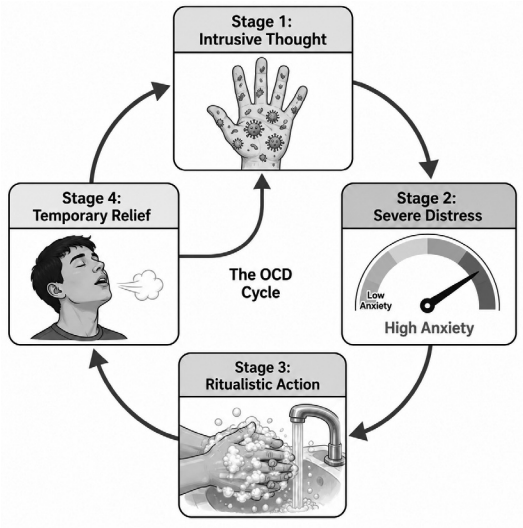
(a) Avolition and alogia
(b) Loosening of associations
(c) Delusions and hallucinations
(d) Catatonic stupor and mutism

Ans :

(c) Delusions and hallucinations
Arun is exhibiting positive symptoms of Schizophrenia. The menacing voices he hears without any physical source are auditory hallucinations (sensory experiences of things that do not exist). His firm, illogical belief that shadows are plotting against him represents delusions of persecution, indicating a severe loss of contact with reality.

38. Observe the diagram below and answer the following question.

NODIA



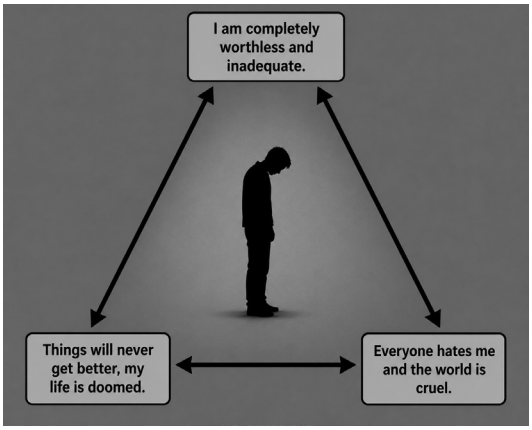
Ritu finds herself trapped in the behavioural cycle illustrated above. According to the behavioural perspective of abnormal behaviour, how is the specific action in "Stage 3" maintained in this continuous cycle?

(a) It is learned through classical conditioning and sustained by social observation.
(b) It is reinforced because it provides temporary reduction of severe distress.
(c) It is an expression of repressed id impulses displacing anxiety onto an object.
(d) It is driven by an underlying sense of helplessness and lack of control.

Ans :

(b) It is reinforced because it provides temporary reduction of severe distress.
According to the behavioural perspective, Obsessive-Compulsive Disorder (OCD) is maintained through operant conditioning. The intrusive thought causes severe distress (anxiety). When Ritu performs the ritualistic action (compulsion), it neutralizes the dreadful thought, providing temporary relief. This reduction in anxiety negatively reinforces the compulsive behaviour, making her repeat it constantly.

39. Observe the diagram below and answer the following question.


I am completely worthless and inadequate.
Things will never get better, my life is doomed.
Everyone hates me and the world is cruel.

Sanjay recently lost his job and has since developed the pattern of thinking illustrated in the diagram. He frequently expresses these exact sentiments to his family and has stopped trying to find new employment. Which psychological model or concept best explains Sanjay's current mental state as depicted in the image?

(a) Aaron Beck's negative cognitive triad of depression
(b) Sigmund Freud's psychoanalytic theory of repressed anger
(c) Carl Rogers's concept of incongruence between ideal and real self
(d) Martin Seligman's evolutionary perspective of phobias

Ans :

(a) Aaron Beck's negative cognitive triad of depression
The diagram depicts Aaron Beck's concept of the negative cognitive triad, a cognitive factor responsible for severe depression. Depressed individuals develop automatic, repetitive, and negative thoughts about three specific areas: themselves (worthless), their surrounding world (cruel/unloving), and their future (doomed). This dysfunctional schema distorts their perception of reality.

40. Observe the illustration below and answer the following question.

Neha, depicted in the foreground, strongly desires to make friends at her new workplace. However, she consistently isolates herself, convinced that her colleagues will find her incompetent and publicly ridicule her. She avoids any collaborative projects to escape potential criticism. Based on the characteristics provided, which disorder best aligns with Neha's behaviour?

(a) Antisocial Personality Disorder
(b) Dependent Personality Disorder
(c) Histrionic Personality Disorder
(d) Avoidant Personality Disorder

Ans :

(d) Avoidant Personality Disorder
Avoidant Personality Disorder is characterized by social inhibition, extreme feelings of inadequacy, and hypersensitivity to negative evaluation. Unlike individuals who prefer isolation, Neha strongly desires social interaction but avoids it due to an overwhelming fear of being criticized, shamed, or ridiculed by her colleagues, perfectly matching this diagnosis.

ONE MARK QUESTIONS

41. Rohan's excessive fear of germs interferes with his ability to perform day-to-day activities properly.
Which specific type of abnormal behaviour does this represent?

Ans :

Dysfunctional behaviour.

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42. A clinical psychologist is evaluating a patient's overall psychological, social, and job-related functioning on a continuum to plan treatment.
Which specific axis of the DSM-IV classification system is used for this evaluation?

Ans :

Axis V.

43. A therapist explains to Meera that her profound anxiety is actually an outburst of primitive, forbidden thoughts that she had previously repressed.
Identify the psychological perspective of abnormal behaviour used by the therapist.

Ans :

Psychoanalytic or psychodynamic approach.

44. According to a specific model of mental disorders, an individual must have a prior biological vulnerability which, when triggered by severe environmental situations, leads to a psychological disorder.
Name this model.

Ans :

Diathesis-stress model.

45. Sneha avoids going to crowded shopping malls or movie theatres because she fears that escaping from these places would be difficult or embarrassing if she starts feeling panicky.
Which psychological disorder is she exhibiting?

Ans :

Agoraphobia.

46. To get temporary relief from his dreadful intrusive thoughts about contamination, Kabir repetitively washes his hands fifty times a day.
What is this repetitive behaviour specifically called in clinical terms?

Ans :

Compulsion.

47. After failing multiple job interviews, Amit develops a belief that he has no control over his destiny and stops trying altogether, eventually slipping into severe depression.
Identify the concept given by Seligman that explains Amit's condition.

Ans :

Learned helplessness.

48. Despite having an average income and lifestyle, Prakash firmly believes that he is an influential political leader with immense wealth and power.
What is this specific false belief termed as?

Ans :

Delusion of grandeur.

49. During a clinical interview, a patient repeatedly uses the made-up word 'head-socks' to refer to a cap.
Give the clinical term for such newly created words that have no existence in regular vocabulary.

Ans :

Neologism.

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50. Aarti constantly needs advice and reassurance from others for everyday decisions, shows an acute fear of being left alone, and craves relationships for care.
Which personality disorder is she likely suffering from?

Ans :

Dependent personality disorder.

51. Ananya feels highly inadequate and avoids all social interactions because she is extremely sensitive to being rejected or criticised by her peers.
Name the personality disorder characterised by this behaviour pattern.

Ans :

Avoidant personality disorder.

52. A five-year-old child avoids eye contact, shows repetitive rocking movements, and gets highly upset if there is any deviation from his daily routine schedule.
Which developmental disorder do these symptoms indicate?

Ans :

Autism Spectrum Disorder.

53. During an ongoing therapy session, Rahul unconsciously redirects the hostility and aggression he harbours for his authoritarian father towards his therapist.
Name this phenomenon.

Ans :

Negative transference.

create a safe environment for expression without fear of rejection.
According to Carl Rogers, what specific quality is Neha demonstrating towards her client?

Ans :

Unconditional positive regard.

76. To help a patient overcome severe alcoholism, a doctor administers a drug that induces intense sickness and vomiting every time the patient consumes alcohol.
Which classical conditioning-based therapeutic technique is the doctor employing?

Ans :

Aversion therapy.

77. A therapist helps Kiran overcome her fear of dogs by first teaching her deep muscle relaxation, and then gradually having her imagine a dog, look at a photo of a dog, and finally stand in the same room as a dog while remaining relaxed.
Identify the specific therapeutic technique used to gradually eliminate Kiran's phobia.

Ans :

Systematic desensitization.

78. During therapy, Mr. Iyer is taught to actively challenge his unrealistic belief that "everyone must always approve of me," by looking for evidence that disproves this thought, ultimately replacing it with a healthier perspective.
In the context of the ABCDE model of therapy, what specific step of the process involves the therapist questioning the validity of Mr. Iyer's irrational beliefs?

Ans :

Disputing.

79. At a psychosocial rehabilitation centre, recovering patients are engaged in adapted regular activities such as self-care, leisure arts, and basic tasks to help them function properly within a group setting.
What specific type of therapeutic approach aims to reintegrate these individuals through such regular daily activities?

Ans :

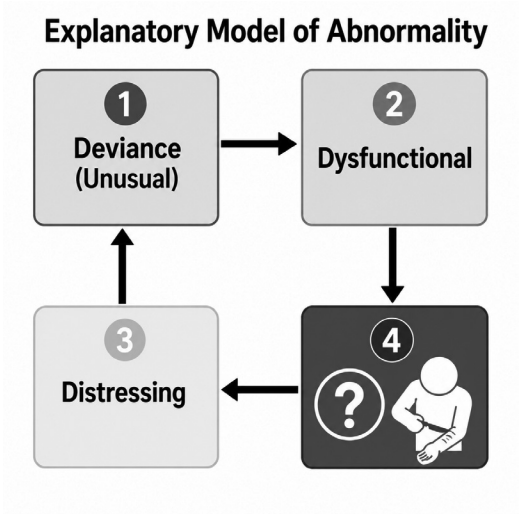
Occupational therapy.

80. Fifteen-year-old Sahil frequently bullies his juniors, has been caught vandalising school property, and regularly skips classes to wander around the city, blatantly violating all social expectations.
Which behavioural disorder is characterised by Sahil's destructive and age-inappropriate actions?

Ans :

Conduct disorder.

81. Examine the schematic diagram illustrating the characteristics of abnormal behaviour.

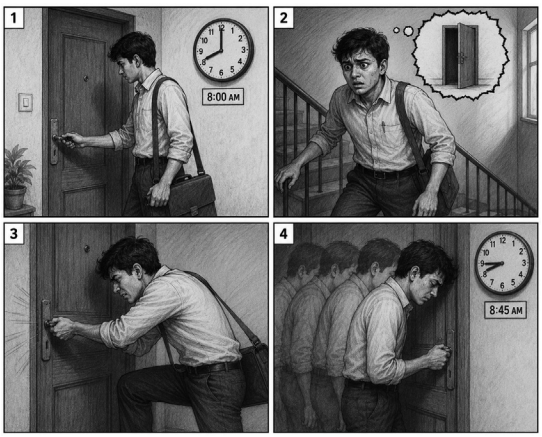


Identify the fourth characteristic of abnormal behaviour labeled with a question mark in the given schematic diagram.

Ans :

Dangerous Behaviour

82. Observe the behavioural sequence depicted in the comic strip.



Based on the behavioural perspective of anxiety

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main door exactly fifteen times before sleeping every night.
Identify the term used to describe Vikram's repetitive checking behaviour.

Ans :

Compulsion.

66. After failing multiple job interviews despite rigorous preparation, Kabir believes he has no control over his career outcomes and has stopped applying anywhere, falling into deep sadness.
Which concept formulated by Seligman best describes Kabir's belief and subsequent depressed state?

Ans :

Learned helplessness.

67. For the past two weeks, Sunita has been sleeping for barely two hours a night, talks extremely fast, and has recklessly spent all her savings on starting an impractical business, claiming she has supreme abilities.
Identify the specific phase of the mood disorder Sunita is currently experiencing.

Ans :

Manic episode.

68. Rahul, a 20-year-old, frequently engages in deceitful activities, breaks the law without any remorse, and manipulates his friends for personal gain while entirely disregarding their safety.
Which personality disorder is characterised by Rahul's continuous violation of the rights of others and lack of guilt?

Ans :

Anti-social personality disorder.

69. Priya feels entirely incapable of making any everyday decisions, from what to wear to what courses to choose, without excessive advice, and constantly needs her elder sister to assume responsibility for her life.
Which personality disorder is indicated by Priya's extreme submissiveness and clinging behaviour?

Ans :

Dependent personality disorder.

70. Eight-year-old Aarav cannot remain seated in his classroom, constantly fidgets with his belongings, and frequently interrupts his teachers and classmates while they are speaking.
Name the specific developmental disorder that explains Aarav's lack of concentration and excessive physical movements.

Ans :

Attention Deficit Hyperactive Disorder (ADHD).

71. Rohan firmly believes that his neighbours are secretly plotting to poison his food and are spying on his daily movements through hidden cameras, despite there being no evidence.
Identify the specific symptom of the complex mental disorder that Rohan is exhibiting.

Ans :

Delusion of persecution.

72. During a psychiatric evaluation, a patient remains completely mute and maintains a rigid, bizarre standing posture without moving for several hours, resisting any attempts by nurses to help him sit.
What is the clinical term used to describe this state of total immobility and mutism?

Ans :

Catatonic stupor.

73. In a therapy session, the counselor asks Divya to recline comfortably and speak out every single thought or feeling that comes to her mind spontaneously, no matter how trivial or illogical it seems.
Which specific therapeutic technique is being used by the counselor to explore Divya's unconscious mind?

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Ans :

Free association.

74. Over the course of several therapy sessions, Amit begins to direct intense feelings of anger and resentment towards his therapist, treating the therapist exactly as he used to treat his abusive father.
Name the phenomenon occurring in this therapeutic process.

Ans :

Transference.

75. Therapist Neha ensures that she never judges her client, completely valuing and supporting the client's feelings throughout the session to

1. Activating Events and Beliefs: The therapeutic process begins when the therapist accurately identifies the external undesirable situation acting as the activating event, alongside the deeply irrational, illogical, and unrealistic beliefs the client automatically attaches to this specific adverse situation.
2. Consequence Analysis: The therapist carefully helps the individual understand that the activation of the event combined with their irrational belief directly results in profoundly negative emotional and behavioural consequences, rather than the isolated external event being the actual culprit.
3. Active Disputing: The therapist utilizes nondirective questioning techniques to actively challenge and dispute these irrational beliefs, pushing the client to think critically and analytically as they search for concrete evidence that firmly disproves their deeply entrenched, flawed logical assumptions.
4. Expected New Behaviour: Once the core irrational belief is successfully disputed and logically dismantled, it can be seamlessly replaced with a rational perspective, which ultimately fosters much healthier psychological consequences and effectively establishes far more positive and productive emotional behaviours.

105. Ten-year-old Aarav frequently violates serious family rules, deliberately destroys his neighbours' property by setting small fires, and aggressively bullies his classmates. This behaviour has persisted for over six months and causes severe trouble at school.
Explain the specific disorder Aarav is suffering from and discuss its major symptom categories.

Ans :

Aarav is suffering from Conduct Disorder, a severe behavioural syndrome characterized by age-inappropriate destructive actions and the following major symptom categories:

1. The child exhibits a continuous violation of age-appropriate family expectations and social rules, displaying an alarming lack of regard for the rights of others, which forms the fundamental diagnostic basis for this severe and highly disruptive behavioural disorder.
2. The disorder manifests through intentional property damage and extreme destructiveness, where the child actively engages in severe actions such as deliberately setting destructive fires or committing blatant vandalism to ruin their own or other people's valuable personal belongings.
3. The child frequently engages in manipulative, deceitful, and unlawful activities without displaying any noticeable remorse, which prominently includes committing severe acts of fraud, organizing planned thefts, trespassing into restricted properties, and showing persistent truancy from their home or school.
4. There is a pronounced tendency toward severe aggression that causes or threatens physical harm to individuals and animals, actively displayed through physical fighting, proactive bullying of peers, and frequent verbal hostility utilizing derogatory name-calling or excessive swearing.

106. Meera spends hours every day washing her hands to the point where they are raw and bleeding, severely impacting her ability to work and socialize.

Based on the image and scenario, answer the following questions:
(i) Identify the psychological disorder depicted in the image.
(ii) Describe any three clinical features of this disorder.

Ans :

(i) The psychological disorder depicted in the given image is Obsessive Compulsive Disorder (OCD).
(ii) The major clinical features or symptoms of this anxiety disorder include the following:

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disorders, what specific term is used to describe the repetitive, ritualized action Rahul is performing to temporarily relieve his distress?

Ans :

Compulsion

83. Analyze the clinical scenario illustrated in the hospital room setting.

Identify the specific clinical condition belonging to the schizophrenia spectrum that Anjali is exhibiting through her prolonged state of total immobility and mutism.

Ans :

Catatonic stupor

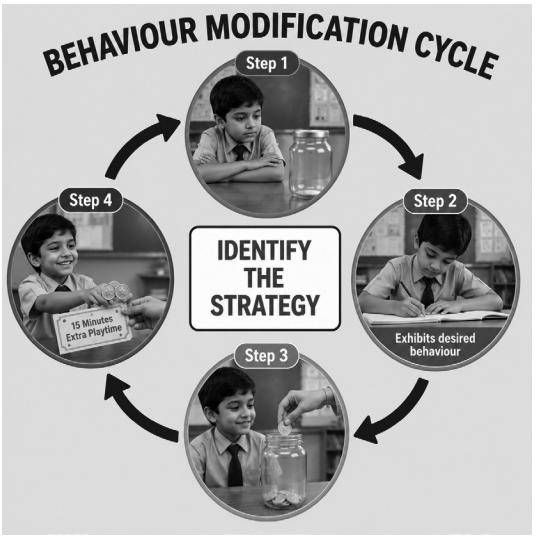
84. Study the diagrammatic representation of a psychotherapy session.

Name the specific psychoanalytic phenomenon occurring in this session, as depicted by the client unconsciously projecting her father's image and related emotions onto the therapist.

Ans :

Transference

85. Review the educational strategy flowchart provided below.



Which specific operant conditioning-based therapeutic technique is illustrated by the cycle of earning and exchanging rewards depicted in the image?

Ans :

Token economy

86. Study the relation between the first two words/ phrases and then fill in the fourth word.
Delusion of persecution : Paranoid schizophrenia :: Waxy flexibility : _____

Ans :

Catatonic schizophrenia

87. Study the relation between the first two words/ phrases and then fill in the fourth word.
Incongruence : Humanistic approach :: Faulty perceptions : _____

Ans :

Cognitive approach

88. Study the relation between the first two words/ phrases and then fill in the fourth word.
Dream analysis : Psychodynamic therapy :: Flooding : _____

Ans :

Behaviour therapy

89. Study the relation between the first two words/ phrases and then fill in the fourth word.
Repeated intrusive thoughts : Obsessions :: Repeated behaviours : _____

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54. A therapist actively values and supports her client without passing any judgment on the client's thoughts or feelings, creating a safe environment without fear of rejection.
Identify this key principle of client-centered therapy.

Ans :

Unconditional positive regard.

55. To help a patient quit drinking, a clinical psychologist administers nausea-inducing drugs mixed with alcohol so that the unpleasant experience deters future consumption.
Which classical conditioning-based therapeutic technique is being applied?

Ans :

Aversion therapy.

56. A client with an extreme fear of open spaces is first taught deep muscle relaxation and then asked to gradually imagine fear-producing situations in a hierarchical manner.
Name the therapeutic technique being used.

Ans :

Systematic desensitization.

57. In a specific therapy model, the therapist actively challenges the client's irrational beliefs and asks nondirective questions to make the client think critically about the validity of those beliefs.
Which specific step of the ABCDE model does this represent?

Ans :

Disputing.

58. Research indicates that the decreased activity of a specific neurotransmitter is found during depressive episodes, while its increased activity is associated with manic episodes.
Name this neurotransmitter.

Ans :

Norepinephrine.

59. Eight-year-old Varun cannot stick to tedious tasks, makes careless mistakes in his schoolwork, and frequently loses his things.
Which specific category of ADHD symptoms does he display?

Ans :

Inattentiveness.

60. After long-term treatment in a mental hospital, a patient is gradually brought back to his home and social setting to help him live independently with proper support.
What is this specific component of psychosocial rehabilitation called?

Ans :

Deinstitutionalisation.

61. Ananya is so preoccupied with her psychological distress that she is unable to attend college, cook her meals, or maintain basic hygiene.
Identify the specific characteristic of abnormal behaviour depicted in Ananya's inability to perform her day-to-day activities.

Ans :

Dysfunctional behaviour.

62. Sameer has a genetic vulnerability to severe mood swings. He was doing fine until he lost his business unexpectedly, after which he developed severe depressive symptoms.
Which model explains the onset of Sameer's psychological disorder as a combination of his preexisting vulnerability and severe environmental conditions?

Ans :

Diathesis-stress model.

63. A clinical psychologist is evaluating a patient and notes down that the patient has recently gone through a divorce and currently faces extreme poverty.
On which specific axis of the diagnostic manual (DSM-IV) will the psychologist record these current life circumstances?

Ans :

Axis IV.

64. Meera refuses to go to shopping malls or crowded markets because she strongly feels that if she panics, escaping from such places would be highly embarrassing and difficult.
Which specific type of irrational fear is Meera experiencing?

Ans :

Agoraphobia.

65. Vikram is constantly plagued by the intrusive thought that his house will be robbed. To reduce this anxiety, he feels driven to lock and check the

NODIA

disorder from the cognitive and behavioural perspectives.

Ans :

(i) Rahul is exhibiting Obsessive Compulsive Disorder (OCD).

(ii) The cognitive and behavioural perspectives explain the development of this disorder through the following mechanisms:

1. From a cognitive perspective, abnormality stems from faulty beliefs and thought-action fusion, where the individual irrationally believes that merely having a disturbing thought about an action is strictly equivalent to actually committing that dangerous or harmful act in reality.
2. This distorted belief system keeps accentuating the individual's anxiety levels due to the constant expectation of impending harmful consequences, which strongly impels the person to engage in various repetitive compulsive behaviours to reduce the likelihood of the dreaded outcome.
3. According to the behavioural perspective, this is a learned behaviour maintained by operant conditioning, where the individual discovers that performing a specific checking action successfully reduces their severe anxiety, thereby positively reinforcing and perpetuating the repetitive compulsive checking response.

98. Sneha feels highly uncomfortable whenever she is not the center of attention at social gatherings. She frequently uses exaggerated emotional expressions and sexually seductive behaviour to draw people towards her, often considering casual acquaintances as intimate friends.

(i) Identify the specific personality disorder characterized by this behaviour pattern.

(ii) Explain the psychodynamic and cognitive factors that may have led to the development of this disorder.

Ans :

(i) Sneha is suffering from Histrionic Personality Disorder.

(ii) The psychodynamic and cognitive viewpoints explain the origins of such extreme attention-seeking traits:

1. The psychodynamic viewpoint suggests this disorder stems from traumatic childhood experiences, such as facing extreme parental disapproval, having an authoritarian or neglecting parent, and suffering from a severe deprivation of essential love, care, and attention during the early developmental years.
2. It involves poor resolution of the Oedipus complex during the phallic stage, causing the individual to display highly provocative and seductive behaviour in adulthood to unconsciously seek the unfulfilled love and attention they were deprived of from the opposite sex.
3. Cognitive theorists propose that the disorder results from deeply faulty and maladaptive core beliefs revolving entirely around the need for constant attention to validate self-importance, such as believing they are completely worthless unless they continuously charm and entertain everyone.

99. During counselling sessions, Dr. Verma acts as a facilitator rather than an expert. He refuses to pass judgment on his client's feelings and ensures he discloses his own true thoughts fairly, allowing the client to see him as a real, authentic person.

(i) Identify the specific type of psychotherapy being practised by Dr. Verma.

(ii) Explain the three key qualities or abilities that a therapist must possess according to the propounder of this therapy.

Ans :

(i) Dr. Verma is practising Client-centered therapy (or person-centered therapy).

(ii) According to Carl Rogers, a therapist adopting this approach must actively demonstrate the following qualities:

1. Unconditional positive regard is an essential quality where the therapist must value, support, and accept the client unconditionally throughout the session without being judgmental, thereby creating a highly supportive environment where the client feels safe to express emotions without rejection.
2. Genuineness requires the therapist to have the ability to openly share their own true thoughts and feelings with the client, deliberately disclosing certain aspects of their life so the client views

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Ans :

Compulsions

90. Study the relation between the first two words/phrases and then fill in the fourth word.
Axis II : Personality disorders :: Axis III : ——————————

Ans :

General Medical Conditions

91. State whether the following is True or False.
In the multiaxial classification system of DSM-IV, Axis III is used to report the prominent maladaptive personality features and mental retardation of an individual.

Ans :

False

92. State whether the following is True or False.
Depressed individuals often develop automatic, repetitive, and negative thoughts regarding their own self, the surrounding world, and their future.

Ans :

True

93. State whether the following is True or False.
Patients diagnosed with paranoid schizophrenia typically exhibit fewer problems with their cognitive skills and attention compared to those with other types of the disorder.

Ans :

True

94. State whether the following is True or False.
The behavioural technique of systematic desensitization involves directly exposing the patient to an anxiety-stimulating object for a prolonged period in a controlled environment until the fear naturally subsides.

Ans :

False

95. State whether the following is True or False.
In client-centered therapy, the principle of unconditional positive regard refers to the client's choice to change themselves out of their own will without being guided by the therapist.

Ans :

False

FOUR MARKS QUESTIONS

96. Meera constantly feels anxious and dissatisfied with her life. She believes she must always be a perfect daughter and top student to be loved by her parents, which prevents her from pursuing her true passion for painting.
(i) Identify the psychological approach that best explains Meera's abnormal behaviour.
(ii) Explain the primary causes of such behavioural oddities according to this approach.

Ans :

(i) The humanistic approach to abnormal behaviour best explains her condition.
(ii) According to the humanistic approach, abnormality arises from specific internal conflicts and unfulfilled aspirations:
1. Abnormal behaviour primarily results from a severe incongruence or gap existing between a person's ideal self, which represents who they genuinely aspire to be, and their real self, representing who they actually are, ultimately generating profound distress and debilitating anxiety.
2. The development of unrealistic conditions of worth, where an individual falsely believes they must be something entirely different from their true identity just to be loved and accepted by others, severely distorts their self-concept and creates immense psychological pressure.
3. This psychological blockage actively prevents individuals from recognizing their true emotions and experiences, leaving their deepest passions unfulfilled. This inherent incompleteness and failure to reach personal aspirations gradually lead to the development of various complex mental disorders.

97. Rahul experiences intrusive and dreadful images of his house being robbed. To neutralize the distress caused by these recurring thoughts, he feels driven to physically check the locks of his doors exactly twenty times before going to bed every night.
(i) Identify the specific psychological disorder Rahul is exhibiting.
(ii) Discuss any three causal factors of this

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102. Tanya has an extreme, irrational fear of closed spaces. Her therapist decides to treat her by locking her in a small, safe room for an extended period until her fear subsides. Later, for a different patient with alcoholism, the therapist mixes a nausea-inducing drug with their daily alcohol.

(i) Explain the therapeutic technique used for Tanya, outlining its theoretical premise.

(ii) Explain the therapeutic technique used for the alcoholic patient, outlining how it modifies behaviour.

Ans :

(i) The technique used for Tanya is flooding (or implosion therapy), which operates on the following core principles:

1. The technique involves the patient being directly exposed to the extreme fear-producing or anxiety-stimulating object or situation for a prolonged, uninterrupted period while remaining securely placed under a completely safe and controlled environment.
2. It operates on the core premise that phobias or extreme anxieties are strictly time-limited responses; since the patient cannot escape, the severe anxiety eventually subsides entirely, leading to the rapid creation of a new, positive association lacking any fear.

(ii) The technique used for the alcoholic patient is aversion therapy, which modifies behaviour through the following steps:

1. The technique utilizes a classical conditioning strategy where the targeted undesirable or maladaptive behaviour, such as chronic alcoholism, is deliberately paired with a highly unpleasant, noxious, or painful physical stimulus, such as severe nausea-inducing drugs.
2. Consuming alcohol becomes immediately followed by vomiting, ensuring that this highly unpleasant and distressing physical experience heavily deters the individual from consuming alcohol in the future, effectively leading to the successful modification and elimination of the unwanted behaviour.

103. Kabir has recently been sleeping for only two hours a night but feels extremely energetic. He talks unusually fast, jumping rapidly from one idea to another, and has impulsively invested all his savings into a highly risky business venture because he believes he possesses supernatural business skills.

Discuss the clinical features of the specific phase of the disorder Kabir is experiencing.

Ans :

Kabir is experiencing a manic episode of Bipolar Disorder, which is definitively characterized by the following clinical features:

1. The individual exhibits a persistently elevated, highly irritable, or euphoric mood accompanied by irrational optimism, where they hold highly unrealistic beliefs about their own supreme power and outstanding abilities, reflecting a severely inflated self-esteem that distorts their reality.
2. There is a remarkably decreased need for sleep where the person remains extremely active, constantly displaying exceptionally high levels of energy, which allows them to function vigorously throughout the day and night without experiencing the normal onset of fatigue.
3. Their cognitive process features superfast thinking abilities, commonly referred to as racing thoughts or a flight of ideas, causing the person to rapidly and continuously jump from one disconnected idea to another, making them incredibly easily distracted by minor stimuli.
4. The phase is marked by profoundly impaired judgment and extreme impulsiveness, resulting in an excessive, unrestrained involvement in highly pleasurable but dangerous risky activities, such as making disastrous business investments or engaging in wild, financially devastating shopping sprees.

104. An individual experiences immense distress not because of a failing grade in an exam, but due to their rigid belief that this failure makes them completely worthless.

Discuss how a therapist would use the framework proposed by Albert Ellis to understand and treat this dysfunctional cognitive structure.

Ans :

The Rational Emotive Therapy (RET) utilizes the ABCDE model to effectively transform irrational thoughts through the following progressive steps:

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them as a real, authentic, and living person.

3. Empathy is the critical ability to sensitively and accurately understand the client's internal experiences and feelings, allowing the therapist to communicate this profound understanding back to the client, helping them gain a much clearer perspective of their inner emotions.

100. After a prolonged stay at a psychiatric facility, Amit is returning to his community. A multidisciplinary team is helping him learn how to handle interpersonal relationships and is adapting his work environment so he can earn a living independently.

(i) Identify the holistic treatment approach being used to help Amit integrate into society.

(ii) Explain any three major components of this approach that empower individuals in their recovery.

Ans :

(i) The holistic treatment approach being used is Psychosocial Rehabilitation (PSR).

(ii) This empowering process utilizes several specific components to help individuals function independently:

1. Deinstitutionalisation is the critical process of transitioning a person back to their natural social setting after experiencing long-term institutionalisation in a hospital, helping them live independently while ensuring they receive the necessary and proper social support within their local community.
2. Occupational therapy is a therapeutic approach where individuals actively participate in adapted regular activities involving work, education, and leisure, ensuring that the tasks and environments are appropriately modified so the individual can perform properly and seamlessly fit into groups.
3. Social skill training involves explicitly teaching the recovering individual how to handle communication, interpersonal relationships, problem-solving, and social situations much more competently and effectively, which ultimately helps them build friendships and successfully integrate into mainstream community life.

101. Vikram, diagnosed with a severe mental disorder, frequently hears imaginary voices giving him commands. On the other hand, his brother, who shares the same diagnosis, shows a complete lack of emotional expression, remains totally silent, and displays no motivation to initiate any daily tasks.

(i) Describe the specific category of symptoms exhibited by Vikram, providing two points of explanation.

(ii) Describe the specific category of symptoms exhibited by his brother, providing two points of explanation.

Ans :

(i) Vikram is exhibiting positive symptoms of his disorder, which are defined by the following characteristics:

1. Positive symptoms refer to the bizarre disturbances or abnormal behaviour patterns that are 'added' to the individual's personality, encompassing extreme thoughts and actions that are absolutely not present normally in any healthy individual navigating their daily life.
2. These include severe hallucinations, meaning detailed sensory experiences of things that do not exist in reality, such as vividly seeing, feeling, or frequently hearing imaginary voices that deliver direct commands or provide a continuous running commentary on their actions.

(ii) His brother is exhibiting negative symptoms of the disorder, which encompass the following pathological aspects:

1. Negative symptoms represent the pathological deficits or abilities that are completely 'lost' from the individual, essentially including the total absence of those typical emotional and behavioural responses that are normally present and expected in a healthy, functioning person.
2. These include affective flattening or the loss of emotional responsiveness, alogia which means failing to speak or replying with brief one-word answers, and avolition, indicating a total lack of drive or basic motivation to initiate and complete any task.

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1. The person experiences recurrent and persistent obsessive thoughts, impulses, or images which are highly intrusive and inappropriate. These continuous inner thoughts cause marked anxiety and severe distress, compelling the individual to constantly think about the perceived threat, such as contamination by germs or dirt.
2. In response to the recurrent thoughts, the person feels driven to perform repetitive behaviours or mental activities. These compulsive actions, like excessive hand washing or checking, are specifically performed to remove distress, ease uneasiness, or neutralise the dreaded effect of the obsessive images.
3. The obsession or compulsion causes significant distress and results in a great waste of time. This happens to such an extreme extent that the disorder severely interferes with the person's regular daily activities, occupational functioning, and normal social interactions with other people.

107. Vikram's family noticed a severe change in his behaviour over the past month. He refuses to leave his room, interacts with no one, and has stopped going to work.

Observe the image and answer the following questions:

(i) Identify the specific psychological disorder depicted in the given image.

(ii) Describe any three clinical features associated with this disorder.

Ans :

(i) The severe psychological disorder clearly depicted in the given image is Major Depressive Disorder.

(ii) The major clinical features or symptoms of a depressive episode include the following:

1. The person experiences a severely depressed mood accompanied by continuous deep feelings of sadness, emptiness, and tearfulness. This is coupled with profound feelings of unpleasantness and a gradual but complete lowering of interest in almost all previously enjoyed aspects of daily life.
2. The individual suffers from overwhelming feelings of being completely worthless, which significantly lowers their overall self-confidence. They often harbor feelings of inappropriate guilt, accompanied by a diminished ability to clearly think, make decisions, or concentrate on basic tasks required for everyday personal functioning.
3. They undergo significant physical changes, such as noticeable weight loss alongside a sharp decrease in appetite. Additionally, they experience severe sleep disturbances, either insomnia or hypersomnia, leading to persistent daily fatigue, a total loss of energy, and recurrent dark thoughts of death.

108. Aarav's teachers frequently complain that he disrupts the classroom and never finishes his assignments on time.

Observe the behaviour pattern shown by the child in the foreground.

(i) Identify the disorder depicted and describe

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2. Such individuals remain constantly overvigilant, actively scanning their surroundings to find any possible signs of hidden threats in the environment. Consequently, they express excessive worry about impending dangers or entirely unforeseen negative circumstances that might suddenly disrupt their normal lives.
3. The affected person suffers from a continuous feeling of intense restlessness and marked irritability throughout their day. Due to their heightened nervous state, they find it exceptionally difficult to successfully control or consciously manage their ongoing, pervasive state of worry.
4. Various physical and cognitive symptoms heavily manifest alongside the psychological distress. This causes the individual to be easily fatigued, regularly suffer from chronic muscle tension, experience frequent headaches, endure severe sleep disturbances, and face immense difficulty in concentrating on tasks.

126. Twelve-year-old Rohan frequently bullies his younger classmates and has been recently caught stealing from the school lockers. He often deliberately destroys school property and consistently violates all family expectations by repeatedly running away from his home.
Based on the symptoms described, identify the specific disorder Rohan exhibits and explain any four symptom categories commonly associated with this condition.

Ans :

Rohan is visibly exhibiting Conduct Disorder, a severe condition where children behave in highly age-inappropriate ways that blatantly violate established social norms. The core symptom categories are:

1. They frequently engage in the severe damaging of property, which prominently includes intentionally destructive and dangerous acts like deliberately setting fires (arson) or engaging in the general vandalism of both personal and public belongings without remorse.
2. They consistently demonstrate proactive aggression that directly causes or highly threatens physical harm to other individuals and innocent animals, often manifested clearly through active fighting, physically beating someone, or systematically bullying their vulnerable peers.
3. The disorder involves a significant degree of deceitfulness, outright fraud, and recurrent theft, where the affected child routinely manipulates others solely for personal gain and consistently disrespects the basic ownership rights of other people in their community.
4. They display a severe and chronic violation of basic family expectations and serious social rules, which very often includes engaging in chronic truancy from school, intentional trespassing, and frequently running away from their home despite parental warnings.

127. Simran always strives to be the absolute center of attention at every social gathering. She regularly wears highly provocative clothes, expresses her daily emotions in an exaggerated, melodramatic manner, and mistakenly considers her casual acquaintances to be her most intimate friends.
Identify the personality disorder Simran is likely experiencing and thoroughly describe any four clinical features of this specific disorder.

Ans :

Simran is clearly experiencing Histrionic Personality Disorder, a complex condition strongly characterized by excessive attention-seeking behaviour and remarkably heightened emotionality. The primary clinical features include:

1. The individual consistently displays constant attention-seeking behaviour and feels profound, undeniable discomfort or intense personal displeasure in absolutely any social situation where they are not the absolute and undivided center of group attention.
2. They frequently and intentionally utilize highly provocative or noticeably sexually seductive behaviour and inappropriate attire to deliberately draw attention to themselves and successfully manipulate the surrounding social dynamics to favor their active presence.
3. Their interpersonal communication is heavily marked by overly dramatic behaviours, where they deliberately adopt highly specific speech styles simply to impress others while exhibiting highly exaggerated, entirely superficial, and rapidly shifting emotional expressions.

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110. Following a long period of clinical treatment, a group of individuals recovering from mental illness participate in specialized daily sessions to regain their independence.

Identify the specific therapeutic approach shown in the image that empowers individuals with mental illness. Explain any four main features of this approach.

Ans :

The image depicts Psychosocial Rehabilitation, a multidisciplinary approach helping individuals attain the highest functioning level. Its features are:

1. The holistic approach looks into the emotional, social, and intellectual components of an individual along with their psychiatric issues. It fundamentally considers that functional, social, and economic disabilities are caused by mental illness, focusing on the individual's overall well-being and complete recovery.
2. It involves multidisciplinary professionals working collaboratively. A dedicated group consisting of highly trained psychiatrists, clinical psychologists, social workers, nurses, and occupational therapists work seamlessly together to effectively treat the individual and ensure all aspects of their rehabilitation are properly addressed.
3. Skill-based training is provided because acquiring specific skills is necessary for an individual to live independently in society. These essential taught skills primarily include proper social skills, effective coping mechanisms, and practical self-management skills for their daily life routines.
4. Socioeconomic inclusion aims at successfully integrating an individual back into mainstream society. This is achieved by providing them with practical vocational training and suitable job placement opportunities, along with adequate professional help to build and maintain healthy social relationships.

111. During a clinical assessment, Dr. Mehta notes that her patient, Suresh, has long-standing maladaptive character traits that severely disrupt his relationships. She also observes that Suresh is suffering from severe hypertension which further complicates his psychological treatment.

(i) Identify the two axes of the multiaxial classification system where Dr. Mehta will record Suresh's maladaptive character traits and his hypertension respectively.

(ii) Explain any three limitations of this classification system used by clinicians.

Ans :

(i) Maladaptive character traits are recorded on Axis II (Personality disorders), and hypertension is recorded on Axis III (General Medical Conditions).

(ii) The multiaxial classification system of DSM-IV has certain notable limitations that impact its clinical utility. The limitations are:

1. The classifications are primarily descriptive by nature, meaning they only state the clinical symptoms experienced by the individual without actually describing the underlying causes, psychological triggers, or fundamental origins of the mental disorders being diagnosed.
2. This systematic classification often leads to unjustly labelling people strictly according to their abnormal behaviour. This practice may encourage normal individuals to exhibit stereotyped attitudes or attach severe social stigma, which frequently prevents patients from seeking necessary treatment.
3. It explicitly states some gender-based classifications portraying that certain psychological disorders, like severe depression, are most frequently found among any one specific gender. This problematic representation may sometimes show a distinct gender bias existing within the general social attitude.

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individual remarkably gloomy, deeply depressive, and constantly anxious.

2. Continued wrong perceptions, irrational thoughts, and intensely faulty beliefs ultimately give rise to distinct behavioural peculiarities, as seen when a child wrongly misinterprets temporary parental busyness as a complete and permanent lack of love.

(ii) The humanistic approach describes psychological abnormality primarily in terms of the deeply distressing incongruence occurring between one's ideal self and real self.

1. If a significant, undeniable gap exists between who one genuinely aspires to be (ideal self) and who one actually is (real self), it quickly creates severe internal anxiety and highly maladaptive behaviours.
2. Extremely unrealistic conditions of worth and perpetually unfulfilled personal aspirations heavily distort the individual's self-concept, severely blocking the person from recognizing their true emotions, thereby gradually leading to the development of various mental disorders.

122. A clinical psychologist uses two different classical conditioning techniques for two different clients. For Tarun, who is terrified of spiders, the therapist gradually exposes him to spider images while he practices deep relaxation. For Amit, who suffers from severe alcoholism, the therapist repeatedly pairs his alcoholic drinks with a strong nausea-inducing drug.

(i) Identify and explain the therapeutic technique specifically used to treat Tarun's intense fear.

(ii) Identify and explain the therapeutic technique specifically used to modify Amit's harmful drinking habit.

Ans :

(i) The therapist is using Systematic Desensitization, a structured technique where the patient is exposed to fear-producing objects in a distinctly slow, gradual manner.

1. Through targeted deep muscle relaxation, a completely relaxed mental state is first created, and then the patient is carefully exposed to the fear-producing object in a strictly planned, hierarchical manner.
2. The patient repeatedly imagines or actively faces situations ranging from the absolutely least anxiety-inducing to actual physical exposure, until the specific stimulus completely fails to evoke any extreme fear or crippling anxiety.

(ii) The therapist is effectively employing Aversion Therapy to firmly remove or completely modify Amit's highly undesirable and deeply maladaptive addictive drinking behaviours.

1. In this powerful technique, the specific undesirable behaviour that urgently needs to be removed is repeatedly paired with a highly unpleasant or physically noxious stimulus to successfully break the previous faulty psychological association.
2. By deliberately mixing powerful nausea-inducing drugs with alcohol, the resulting highly unpleasant experience of severe vomiting strongly deters the person from any future consumption, leading directly to the successful modification of the unwanted behaviour.

123. Severe depression can be triggered by completely different underlying mechanisms. One theory suggests that a person becomes depressed after facing uncontrollable stressful situations, eventually believing they have absolutely no power over their destiny. Another theory roots depression in early childhood, where a child internalizes the grief of losing a parent, constantly turning the resulting anger inward.

(i) Identify the cognitive concept explaining the first scenario and discuss how it directly leads to severe depression.

(ii) Identify the psychological perspective explaining the second scenario and discuss its specific view on the development of depression.

Ans :

(i) The first scenario clearly illustrates the psychological concept of Learned Helplessness, a crucial cognitive factor famously formulated by Seligman that systematically causes severe depression.

1. It constitutes a uniquely strong belief where affected individuals genuinely feel they have absolutely no active control over their destinies after being repeatedly

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energy and behaviour that disrupt normal functioning. The clinical features are:

1. The individual exhibits a persistently elevated or highly irritable mood lasting for at least one week, constantly accompanied by an entirely unrealistic belief in one's own extreme power or ability, leading to a highly inflated self-esteem.
2. There is a drastically decreased need for sleep along with an extremely active and high level of energy, causing the person to engage in superfast thinking and jump rapidly from one fleeting idea to another without logical sequence.
3. The person consistently displays impaired judgment and severe impulsiveness, resulting in excessive involvement in pleasurable but highly risky activities such as unrestrained shopping sprees or dangerous business investments without considering the harmful consequences.

115. Vikram, a 25-year-old man, frequently engages in deceitful and illegal activities, such as fraud and theft. He shows a complete disregard for societal rules and the physical safety of others. Moreover, he never feels any remorse or guilt for the severe harm his actions cause.

(i) Identify the personality disorder Vikram is exhibiting.

(ii) Discuss any three causes that lead to the development of this specific disorder.

Ans :

(i) Vikram is exhibiting Anti-social Personality Disorder, a condition which is also commonly called psychopathy or sociopathy.

(ii) This disorder is marked by inflexible and extreme personality traits that significantly deviate from social expectations, stemming from several distinct factors. The causes include:

1. Neurochemical factors involving the highly abnormal functioning of the neurotransmitter serotonin in the temporal lobes and prefrontal cortex can directly lead to the extremely impulsive and aggressive behaviours characteristically associated with this severe personality disorder.
2. Genetic factors strongly indicate a partial level of hereditary influence, where parents possessing psychopathic traits such as severe aggression, impulsivity, or emotional callousness may have children who are at a much greater risk of developing this disorder in adulthood.
3. Environmental factors like a dysfunctional family environment marked by extreme poverty, broken homes, and the complete absence of proper parental discipline or supervision can make a growing child intensely selfish, deeply indifferent to rules, and highly prone to antisocial gang activities.

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116. Five-year-old Aarav rarely makes eye contact or responds when called. He shows absolutely no interest in playing with other children and struggles to express his emotions. He spends hours arranging his toy cars in a strict line and becomes extremely upset if his daily routine is altered.

(i) Name the developmental disorder Aarav is likely suffering from.

(ii) Highlight any three symptoms of this disorder as typically observed in children.

Ans :

(i) Aarav is likely suffering from Autism Spectrum Disorder, which involves significant difficulties in social interaction and communication.

(ii) Children with this disorder face severe challenges in relating to others and properly adapting to their surrounding social environment. The primary symptoms include:

1. A profound inability to properly understand others' feelings or successfully start a normal social interaction, making it exceptionally difficult for them to express their own complex emotions or confidently talk about their personal experiences with other people.
2. Displaying highly repetitive and restrictive behaviours, such as continuously rocking their bodies or putting objects in a straight line, and sometimes engaging in highly self-injurious physical movements like deliberately banging their head against the wall repeatedly.
3. An extreme insistence on maintaining the exact same environment and strict daily routines, combined with a very

112. Meera experiences intense fear whenever she thinks about going to the crowded local market or travelling in a packed public bus. She feels entirely helpless and believes that if she feels unwell, escaping from these crowded places would be highly embarrassing. Consequently, she strictly avoids leaving her house.

(i) Identify the specific psychological disorder Meera is suffering from.

(ii) Describe any three clinical features of the disorder identified above.

Ans :

(i) Meera is suffering from Agoraphobia, a type of anxiety disorder characterised by an extreme fear of certain public places.

(ii) Individuals experiencing this particular anxiety disorder display several distressing symptoms that severely impact their daily functioning and mobility. The clinical features include:

1. The person experiences extreme fear and anxiety regarding places like shopping malls or crowded streets, constantly feeling that escape or getting help will be extremely difficult, highly restricted, and publicly embarrassing if a panic attack occurs.
2. They are excessively afraid of leaving their homes for extended periods, consciously avoiding any activities associated with arousal, and in severe levels of this condition, they might feel completely scared to even move out of their own room.
3. The feared situations are either completely avoided or are tolerated with a severe level of internal distress, as they are easily frightened by their own bodily reactions which they wrongly perceive as immediate triggering points for a panic attack.

113. Rahul is continually plagued by recurrent, intrusive thoughts that his hands are heavily contaminated with deadly germs. To neutralize the extreme anxiety caused by these dreaded thoughts, he feels driven to wash his hands repeatedly, sometimes spending hours doing so, which severely damages his skin.

(i) Identify the psychological disorder affecting Rahul.

(ii) Discuss any three causal factors that explain the development of this disorder.

Ans :

(i) Rahul is suffering from Obsessive Compulsive Disorder (OCD), which involves repeated unwanted intrusive thoughts and repetitive neutralizing behaviours.

(ii) This potentially disturbing anxiety disorder can be caused by various biological, psychological, and behavioural factors. The widely accepted causes include:

1. Neurochemical factors suggest that increased activity in brain areas like the caudate nucleus and orbital frontal cortex, along with increased levels of the neurotransmitter serotonin, directly result in peculiar obsessive thoughts and rigid compulsions related to hygiene or aggression.
2. The behavioural perspective explains that this is a learned behaviour where classical conditioning associates a neutral stimulus with an obsessive thought, and the anxiety-reducing compulsive response gets strongly reinforced through the process of operant conditioning.
3. The cognitive perspective attributes the disorder to a faulty belief called thought-action fusion, where the person irrationally believes that having a negative thought is absolutely equivalent to actually doing the act, impelling them to engage in various compulsive behaviours.

114. Over the past year, Sameer's behaviour has shown extreme shifts. For several weeks, he felt utterly worthless, lacked energy, and withdrew from friends. Recently, his mood shifted to extreme euphoria; he sleeps very little, talks rapidly about grandiose business ideas, and recklessly spends his savings.

(i) Identify the psychological disorder that best describes Sameer's condition.

(ii) Explain any three clinical features of the euphoric phase currently experienced by Sameer.

Ans :

(i) Sameer is suffering from Bipolar Disorder, also known as Manic Depression, which involves cyclic episodes of mania and depression.

(ii) The euphoric phase, clinically known as a manic episode, involves serious shifts in

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Ans :

(i) Dr. Ali is primarily using Client-centered therapy (or person-centered therapy), which was developed by the humanist psychologist Carl Rogers.

(ii) To effectively reduce a client's incongruence and actively facilitate genuine personal growth, the therapist must deliberately create a highly supportive and non-directive environment. The required qualities are:

1. Unconditional positive regard, where the therapist completely accepts, deeply values, and actively supports the client's genuine feelings and thoughts without being judgmental, allowing the client to consistently feel safe expressing raw emotions without fear of social rejection.
2. Genuineness, meaning the therapist possesses the ability to openly share their own true feelings and thoughts without hiding behind a rigid professional facade, willingly disclosing aspects of their own life to promote immense trust and honest expression.
3. Empathy, which is the vital ability to sensitively and accurately understand the client's inner experiences and deep feelings, actively communicating this profound understanding back to help the client gain a much clearer perspective of their own complex emotions.

120. After receiving long-term treatment for chronic mental illness in a hospital, Mohan is now being helped by a multidisciplinary team to live independently. He is learning how to handle interpersonal relationships properly and is actively participating in regular work-related tasks tailored to his unique abilities.

(i) Identify the holistic treatment approach being systematically applied to Mohan's case.

(ii) Describe any three specific components of this treatment approach that empower individuals like Mohan.

Ans :

(i) The approach being applied is Psychosocial Rehabilitation (PSR), which comprehensively helps individuals attain the highest level of independent functioning.

(ii) Psychosocial rehabilitation heavily focuses on empowering individuals by effectively recovering lost skills and significantly improving their overall quality of life in the society. Its critical components include:

1. Deinstitutionalisation is the highly essential process of bringing a patient back to a normal social setting from long-term institutionalisation, systematically helping the individual smoothly transition to living independently while simultaneously providing the necessary social support required for daily survival.
2. Occupational therapy is an active approach where individuals take part in regular life activities such as work, education, and personal self-care. The specific tasks or working environments are carefully adapted to ensure that the individual can perform properly and comfortably fit in.
3. Social skill training actively teaches recovering patients how to handle daily communication, maintain healthy interpersonal relationships, and approach complex problem-solving in social situations competently. This effective training actively helps the individual build meaningful friendships and get seamlessly integrated into mainstream community life.

121. Different psychological models explain maladaptive behaviour differently. One perspective argues that a person becomes depressive because they consistently misinterpret situations and hold illogical beliefs. Another perspective claims that extreme anxiety arises when there is a severe mismatch between who a person aspires to be and who they actually are.

(i) Identify and explain the perspective that attributes abnormality to misinterpretation and illogical beliefs.

(ii) Identify and explain the perspective that attributes abnormality to the severe mismatch mentioned in the scenario.

Ans :

(i) The cognitive perspective describes that abnormal behaviour fundamentally stems from an individual's entirely faulty perceptions and highly irrational, illogical thought processes.

1. According to this specific view, the faulty perception of any situation or daily event and its consequent negative misinterpretation can quickly make an

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any two signs of inattentiveness.

(ii) Describe any two signs of hyperactivity and impulsiveness associated with this condition.

Ans :

(i) The disorder depicted is Attention Deficit Hyperactive Disorder (ADHD). Two signs of inattentiveness are:

1. The child exhibits a noticeably short attention span and gets easily distracted by minor external stimuli. They frequently make careless mistakes in daily schoolwork because they seem entirely unable to carefully listen to and consistently follow the teacher's provided instructions.
2. The child struggles to maintain focus and cannot stick to tedious and time-consuming tasks. Furthermore, they appear to be extremely forgetful in their daily routines, often losing essential things required for their activities, which severely impacts their overall academic performance.

(ii) Signs of hyperactivity and impulsiveness include:

1. The individual demonstrates an absolute inability to keep still or sit quietly in a calm surrounding. They engage in constant fidgeting, display excessive physical movements, and end up talking a lot, disrupting their environment.
2. The child acts impulsively without thinking it through and shows a clear inability to await his turn. Consequently, they constantly interfere with and interrupt ongoing conversations, while also demonstrating a complete inability to understand any potential physical danger around them.

109. A clinical psychologist advises Rohan's parents to use a structured reward system to modify his disruptive behaviours at home.

Identify the operant conditioning based technique shown in the image. Elaborate on this technique and describe any three classical conditioning based techniques used in behaviour therapy.

Ans :

The given image depicts a behavioural therapy technique based on operant conditioning. The various techniques are:

1. Token economy uses positive reinforcements by offering individual tokens for exhibiting positive behaviours. These accumulated tokens may later be exchanged for obtaining specific privileges or desirable rewards like extra pocket money, movie trips, or chocolates to successfully maintain healthy behavioural patterns.
2. Aversion therapy involves pairing undesirable behaviours that need to be modified with an unpleasant or noxious stimulus. For instance, nausea-inducing drugs are given to alcoholics so the unpleasant vomiting experience actively deters the person from consuming alcohol in the future.
3. Flooding directly exposes the patient to fear-producing or anxiety-stimulating objects for a prolonged period in a controlled environment. It works on the premise that fear is time-limited; confronting the feared situation without escape eventually makes the intense anxiety completely subside.
4. Systematic desensitization exposes the patient to feared objects slowly and gradually. Through deep muscle relaxation, the patient faces the fear-producing object in a hierarchical manner, moving from the least anxiety-inducing situations to extreme ones until the stimulus fails to evoke fear.

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exposed to highly adverse and entirely uncontrollable life situations.
2. They wrongly and pervasively generalize this profound sense of helplessness to other entirely controllable situations, resulting in deep clinical depression, intensely negative thinking patterns, and a dangerous tendency to interpret even pleasant events very negatively.

(ii) The second scenario accurately highlights the Psychodynamic factor, which distinctly explains severe clinical depression based largely on early childhood experiences of profound grief and symbolic loss.
1. When a deeply vulnerable child faces the tragic loss of a parent, the naturally self-centered ego completely misinterprets the painful loss as direct personal rejection, leaving them feeling deeply unloved, abandoned, and wholly uncared for by the world.
2. Entirely unable to express this intense internal anger outward toward others, the child reflexively turns the extreme hostility inward, resulting in severe self-blame, constant self-criticism, and psychological punishment, which inevitably translates into severe depression in adulthood.

124. Two individuals continuously display extremely inflexible personality traits. Neha desperately clings to her friends, cannot make any daily decisions without their constant advice, and is terrified of being left alone. In contrast, Anil completely isolates himself from social gatherings, not because he dislikes people, but because he is extremely hypersensitive to being criticized or publicly ridiculed.
(i) Identify the personality disorder Neha has and carefully explain its primary clinical features.
(ii) Identify the personality disorder Anil has and carefully explain its primary clinical features.

Ans :

(i) Neha is unfortunately suffering from Dependent Personality Disorder, which is strongly characterized by a remarkably profound psychological dependence on other people.
1. Individuals burdened with this specific condition continually show intense clinging, highly submissive behaviour, demonstrating an absolute and chronic inability to take basic daily decisions without seeking constant advice and endless reassurance from others.
2. They feel extremely uncomfortable and deeply helpless when left entirely alone due to highly exaggerated fears, and they constantly suppress their own personal views solely to avoid any potential disagreement with supportive figures.

(ii) Anil is currently experiencing Avoidant Personality Disorder, which is heavily marked by severe social inhibition and incredibly deep feelings of personal inadequacy.
1. Such vulnerable individuals consistently maintain a strict self-imposed social isolation primarily because they possess a constant, overwhelming preoccupation with being severely criticized, outright rejected, or highly negatively evaluated by others around them.
2. They routinely experience extreme shyness and intensely paralyzing anxiety in almost all social situations due directly to a profound, deeply rooted fear of being shamed or publicly ridiculed, resulting in very limited and strained social relationships.

125. After experiencing a series of highly unpredictable family conflicts, Kavita has developed a chronic, uncontrollable worry about almost everything in her daily life. She is always restless, easily fatigued, and constantly anticipates some unforeseen disaster, even when everything is completely fine.
Discuss any four clinical features of the specific anxiety disorder Kavita is suffering from.

Ans :

Kavita is undoubtedly suffering from Generalised Anxiety Disorder (GAD). The prominent clinical features of this highly maladaptive and severely chronic psychological condition include:
1. The individual experiences an uncontrollable, excessive level of anxiety and worry that persistently lasts for more than six months. This unreasonable apprehension constantly revolves around a wide number of daily events, social interactions, or routine activities without any valid reason.

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narrow range of personal interests and a strong, noticeable dislike of loud noises or other intense sensory-seeking behaviours.

117. For the past two weeks, Rina has been admitted to a psychiatric ward. She frequently assumes unusual, rigid postures and remains completely immobile and silent for hours. She actively resists any physical attempts by the nursing staff to move her body or feed her.

(i) Identify the specific type of schizophrenia Rina is manifesting.

(ii) Describe any three clinical symptoms characteristic of this specific type of schizophrenia.

Ans :

(i) Rina is manifesting Catatonic schizophrenia, which is uniquely marked by the presence of highly unusual motor characteristics.

(ii) This specific type of schizophrenia involves severe and highly visible disruptions in physical movement and active responsiveness to the external environment. The symptoms include:

1. The patient may suddenly assume a particular odd posture and remain completely immobile and physically mute in that rigid state for several hours or even days, a severe condition that is clinically referred to as a catatonic stupor.
2. They may consistently display rigid negativism by actively and forcefully resisting any physical effort made by others to change their bodily position, and they may even completely refuse crucial attempts at being fed or decline other basic requests.
3. Conversely, the affected person sometimes exhibits catatonic excitement involving excessive, entirely uncontrolled, and aimless physical movement without any apparent reason, or they may involuntarily imitate the bodily movements of another person or senselessly repeat words spoken to them.

118. During a therapy session, the client is asked to relax on a comfortable couch and spontaneously share whatever thoughts come to mind, no matter how illogical. Suddenly, the client stops talking when recalling a childhood memory and stubbornly refuses to continue discussing that specific event.

(i) Name the therapeutic technique being used and the phenomenon the client is exhibiting when stopping abruptly.

(ii) Explain the process and purpose of this therapeutic technique as originally proposed by Freud.

Ans :

(i) The technique is Free Association, and the psychological phenomenon where the client abruptly stops talking is termed as resistance.

(ii) Free association is a fundamental technique in psychodynamic therapy aimed at successfully uncovering deeply repressed materials from the unconscious mind. The process involves:

1. The client is strongly encouraged to give a continuous running account of all internal thoughts, feelings, and desires exactly as they come to mind, completely allowing a free flow of verbalization without any conscious inhibition or social censorship.
2. The therapist purposefully remains completely out of the client's sight, often sitting silently at the back, strictly to interpret the responses and carefully find out the hidden connections between the seemingly illogical or totally irrelevant ideas expressed freely.
3. Allowing the person to talk freely effectively helps release intense emotional loadings closely associated with deep psychological problems and enables them to safely voice out significant life incidents, revealing seemingly trivial matters that hold deep psychological implications.

119. Dr. Ali is treating a young man struggling with remarkably low self-worth. Dr. Ali does not pass judgment, nor does he offer direct solutions. Instead, he openly shares his own true thoughts, acts as an equal partner, and sensitively understands the young man's inner emotional experiences.

(i) Identify the therapeutic approach used by Dr. Ali and name its founder.

(ii) Discuss any three essential qualities that a therapist must possess according to this approach.

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4. They are exceptionally easily influenced by other people or current trends, and they very often mistakenly consider highly casual social relationships to be far more intimate and deeply connected than they actually are in reality.

128. A cognitive therapist is treating a client who firmly believes that failing a single exam means his entire life is permanently ruined. The therapist actively challenges this highly illogical belief, strongly forcing the client to analytically rethink the situation and deliberately develop a healthier, logical perspective.
Identify the specific therapy model being used and describe the final four steps of its framework (from identifying the belief to the new behaviour).

Ans :

The therapist is effectively using Rational Emotive Therapy (RET) proposed by Albert Ellis, specifically utilizing the highly structured ABCDE model. The final four steps are:

1. Belief: The therapist carefully identifies the client's few rational, realistic beliefs as well as the highly irrational, deeply unrealistic, and entirely illogical beliefs that actively and constantly trigger the client's severe negative emotional responses.
2. Consequence: The direct activation of an event alongside the firmly held irrational belief automatically results in severe emotional and behavioural consequences, leading directly to highly unhealthy personal outcomes like chronic depression, severe anxiety, and intense anger.
3. Disputing: The therapist actively challenges and rigorously questions the fundamental validity of the identified irrational beliefs through targeted nondirective questions, strongly compelling the client to think much more critically and deeply analytically about their own thought process.
4. Expected New Behaviour: If the deeply rooted irrational belief is successfully disputed and logically disproved, it permanently transforms into a highly rational one, resulting directly in significantly more positive, highly effective, and deeply healthy emotional behaviours.

129. Mr. Kapoor firmly believes that his immediate neighbours are secretly plotting to poison his food and constantly spy on his daily activities. He occasionally hears completely imaginary voices confirming this dangerous plot, although he largely maintains decent cognitive skills and general attention.
Identify the specific type of schizophrenia Mr. Kapoor has and thoroughly describe any four of its major symptoms or defining characteristics.

Ans :

Mr. Kapoor is suffering from Paranoid Schizophrenia, which is globally recognized as the most common form of this highly complex mental disorder. Its major defining characteristics include:

1. The psychological condition is prominently marked by the continuous presence of an unusually high level of intense suspicion and profound, deeply ingrained mistrust towards others, leading inevitably to severe, ongoing difficulties in maintaining healthy interpersonal relationships.
2. Patients frequently experience intense delusions of persecution, firmly holding highly absurd, entirely illogical beliefs that their close relatives, friends, or even complete strangers are actively plotting against them, following them constantly, or attempting to poison them.
3. They may also suffer heavily from delusions of grandeur, actively harboring completely false and highly inflated personal beliefs that they are exceptionally influential, extremely wealthy, or world-famous personalities like great historical politicians or powerful industrialists.
4. Comparatively, these specific patients exhibit notably fewer problems with their general cognitive skills, emotional flattening, and overall attention, allowing them to systematically think about peculiar plots, which are very often combined seamlessly with disturbing auditory hallucinations.

130. Six-year-old Tina throws massive, uncontrollable tantrums and screams loudly every morning when her mother drops her at school. She constantly complains of severe stomach-aches and intensely fears that she will be permanently kidnapped and never see her mother again if left alone.
Identify the psychological disorder Tina is exhibiting and accurately explain any four symptoms typical of this specific childhood condition.

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self-esteem, and severe hypersensitivity to any negative evaluation. This causes intense shyness and unmanageable anxiety in social situations due to a constant fear of being shamed or ridiculed.

(ii) Research highlights that specific genetic and personality factors are responsible for causing this disorder:

1. Introversion: According to the Big Five factor model, high levels of introversion are deeply implicated. This is prominently indicated by the individual's highly inhibited and shy behaviour, alongside their pervasive feelings of inferiority.
2. Neuroticism: Another inheritable trait responsible for this condition is high neuroticism. This specific trait is clearly indicated by the individual's intense fear and persistent anxiety regarding being shamed, ridiculed, or negatively evaluated in any social environment.

144. Read the conversation below and answer the questions that follow:

Mrs. Iyer: "Aarav, please return to your desk. You have been wandering around the classroom constantly."

Aarav: "But I want to see what is outside the window!"

Mrs. Iyer: "You need to finish your math worksheet. You have already made several careless mistakes because you were not paying attention."

Aarav: (Interrupting loudly) "I lost my pencil! And I can't remember what we are supposed to do!"

Mrs. Iyer: "I just gave the instructions a minute ago. It is very difficult for you to sit quietly and concentrate on your tasks."

Aarav: "I just can't wait for the recess bell to ring!"

Identify the developmental disorder Aarav is likely experiencing. Describe four primary signs of hyperactivity and impulsiveness associated with this condition.

Ans :

Aarav is displaying symptoms of Attention Deficit Hyperactive Disorder (ADHD). The main signs of hyperactivity and impulsiveness associated with this disorder are:

1. Physical restlessness: Children with ADHD show an inability to keep still and sit quietly, even in calm surroundings like a classroom. They engage in constant fidgeting and exhibit excessive physical movements, often wandering around when expected to remain seated.
2. Interrupting others: These children frequently interfere with and abruptly interrupt ongoing conversations or classroom activities. They lack the patience to listen fully, often blurting out answers or talking a lot without considering the appropriateness of the given social situation.
3. Impatience: A major sign of impulsiveness is the severe inability to await their turn when waiting for something. They crave immediate gratification and often act out impulsively without thinking it through or properly considering the consequences of their sudden actions.
4. Task avoidance: Due to severe hyperactivity, they exhibit a profound inability to concentrate on tedious tasks. Their restless nature prevents them from focusing, which eventually causes immense problems in the child's academic performance and raises disciplinary issues at school.

145. Read the conversation below and answer the questions that follow:

Anjali: "Rishi, you have completed your homework on time for five consecutive days this week."

Rishi: "Yes! Does that mean I get another gold star on my chart?"

Anjali: "Absolutely. Here is your fifth gold star. You know what happens when you collect five stars, right?"

Rishi: "I get to exchange them for a movie trip this weekend!"

Anjali: "That is correct. I am very proud of how you are maintaining this positive behaviour."

Rishi: "I will make sure to finish my chores on time next week too, so I can earn more stars."

Identify the specific therapeutic technique applied by Anjali. Describe the key principles of this technique as an operant conditioning strategy.

Ans :

The therapeutic technique applied by the mother is 'Token Economy,' an operant conditioning-based strategy. Its key principles include:

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harmful is entirely equivalent to actually committing the act, impelling them towards compulsive behaviours.

2. Researches suggest that this condition stems mainly from an increased level of activity in the caudate nucleus, which forms a crucial part of the important neural circuit that links the orbital frontal cortex directly to the thalamus for filtering various primitive urges.
3. The orbital frontal cortex is the primary brain seat responsible for controlling all primitive urges regarding sex, aggression, hygiene, and danger; any dysfunction in this specific region results in peculiar, distressing obsessive thoughts and subsequent repetitive compulsions related to contamination.

133. During a clinical interview, Rohan does not show any appropriate emotional response and exhibits total apathy towards others. He also fails to experience joy from his favourite hobbies, and when questioned, he only tries to manage with extremely brief, one-word replies.

(i) Identify the broad category of symptoms displayed by Rohan.

(ii) Explain the three specific symptoms exhibited by Rohan based on the scenario.

Ans :

(i) Rohan is displaying negative symptoms of schizophrenia, which include those abilities or normal behaviours that are completely lost from the individual.

(ii) The specific symptoms demonstrated by the individual highlight a severe decline in emotional responsiveness, verbal communication, and the capacity for joy.

1. Affective flattening is a condition where patients completely lose their emotional expressions and show total apathetic behaviour to others, meaning they do not exhibit any appropriate emotional response to external stimulation even during extreme moments, just as Rohan displays complete apathy.
2. Anhedonia indicates that the affected individuals are entirely unable to experience pleasure and joy from regular activities usually enjoyed by others, which is clearly evident in the scenario when Rohan completely fails to derive any happiness from his previously favourite hobbies.
3. Alogia is a symptom characterized by a significant reduction in speech output, meaning that the patients do not speak or reply properly, and instead, they try to manage conversations with extremely brief, one-word replies as seen in Rohan's clinical interview.

134. Kabir deliberately imposes social isolation upon himself because he is extremely shy. He possesses a deep fear of being shamed or ridiculed by his peers and is constantly preoccupied with the thought of being heavily criticized, which stems from feelings of inadequacy.

(i) Identify the personality disorder depicted in Kabir's behaviour.

(ii) Discuss the psychodynamic factor and two inheritable personality traits responsible for this condition.

Ans :

(i) Kabir's behaviour strongly indicates avoidant personality disorder, which is also known as anxious personality disorder due to extreme social inhibition.

(ii) This disorder develops from a complex interplay of early childhood experiences and specific inheritable personality traits that foster deep feelings of inadequacy.

1. The psychodynamic factor suggests that this disorder primarily arises from early painful experiences involving chronic parental or peer criticism and severe rejection, causing the person to adopt these avoidant tendencies purely as a strict defense mechanism to protect themselves against any further criticism.
2. High levels of introversion, which is an inheritable trait according to the Big Five factor model, are deeply implicated in this disorder and are distinctly indicated by the individual's highly inhibited and shy behaviour alongside profound feelings of inferiority.
3. High levels of neuroticism also play a crucial role in causing this condition, and this specific trait is outwardly indicated by the individual's overwhelming fear and constant anxiety regarding being publicly shamed, ridiculed, or negatively evaluated by others in society.

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engaging in severe vandalism within their environment.

3. Children with this disorder regularly display severe aggression causing or threatening to cause physical harm to individuals and animals, which often manifests directly as physical aggression in the form of violently fighting or ruthlessly beating someone without any provocation.
4. They also exhibit high levels of verbal aggression in the form of name-calling or swearing, as well as proactive aggression involving bullying others constantly, making them highly disruptive and difficult to manage within any social or academic setting.

140. After spending several months in a psychiatric facility for severe schizophrenia, David is ready to return to society. A team of professionals is working with him to develop his coping skills, help him find a suitable job, and ensure he is not isolated or discriminated against in his community.
Discuss the specific components of the multidisciplinary approach being used to help David achieve his highest level of functioning.

Ans :

David is undergoing Psychosocial Rehabilitation (PSR), which utilizes several key components to empower individuals recovering from chronic mental illness.

1. The process involves deinstitutionalisation, which focuses on bringing back a person to their original social setting from a long-term institutionalisation like a hospital, helping them to live independently and confidently with the help of proper and structured social support.
2. It emphasises social inclusion, where the primary aim is establishing mentally ill people as highly functional members of society who actively participate in social interactions and are respected by others without being wrongfully isolated, marginalized, or unfairly discriminated against.
3. The approach incorporates occupational therapy, where individuals take part in various regular activities like work, education, and leisure; the tasks and environments are specially adapted so that the individual can perform properly and fit comfortably within the work group.
4. Social skill training is provided to teach the individual how to handle communication, interpersonal relationships, and problem-solving competently; this training fundamentally helps the recovering individual to build lasting friendships and get successfully integrated into community life more effectively.

141. Read the conversation below and answer the questions that follow:
Rajesh: "Amit, why haven't you touched your coffee? It's getting cold."
Amit: "I was just checking an email. Why are you staring at my cup?"
Rajesh: "I know for a fact that the manager slipped something toxic into it. He wants to eliminate me, and he might have poisoned yours too by mistake."
Amit: "That is absurd! Why would he do that to you?"
Rajesh: "Because he found out my secret. I am actually a wealthy industrialist working undercover to expose this company's frauds."
Amit: "You have been talking like this all week. Let's go see a doctor."
Rajesh: "No! The doctors are in on the plot too. They are all watching my every move."

(i) Identify the specific psychological disorder Rajesh is exhibiting.
(ii) Describe any three major clinical features of this disorder based on the chapter.

Ans :

(i) Based on the conversation, the psychological disorder that Rajesh is experiencing is Paranoid Schizophrenia. It is the most common form of schizophrenia, primarily marked by a high level of suspicion and mistrust towards others.
(ii) The key symptoms of this specific disorder include:
   1. Delusion of persecution: Patients develop false, absurd, and completely illogical beliefs that other people are secretly plotting against them. They frequently complain of being followed, talked about, or poisoned by others, just as Rajesh strongly suspects the manager is doing to his coffee.
   2. Delusion of grandeur: Individuals hold a rigid, false belief about themselves, claiming to be an influential, powerful, wealthy, or famous person. This clinical

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(ii) Explain the psychodynamic perspective behind the cyclical nature of her extreme moods.

Ans :

(i) Anita's mood swings are influenced by fluctuating neurotransmitter activities.
   1. Extensive researches clearly indicate that increased norepinephrine and dopamine activity trigger manic symptoms like an elated mood, while significantly decreased norepinephrine activity is consistently found during depressive episodes. Additionally, overall serotonin activity remains noticeably low in such bipolar conditions.
   2. Brain scans report that blood supply is considerably lowered in the right frontal and temporal regions during the manic phase, while it is noticeably reduced in the left prefrontal cortex when the individual undergoes a severe depressive episode in their life.

(ii) The psychodynamic approach views these cyclic moods as ego struggles.
   1. This psychoanalytic perspective fundamentally states depression is caused when feelings of aggression are turned inward towards the self or when feelings of inadequacy are sustained due to repeated failures to achieve certain highly unrealistic personal targets in life.
   2. Manic phases are considered a defense mechanism based on denial used by the ego to camouflage feelings of worthlessness with optimism; when the ego fails to sustain this defense, the person immediately collapses back into the depressive phase of the disorder.

138. Vikram has an extreme, irrational fear of closed spaces. His therapist decides to treat this by first teaching him deep muscle relaxation techniques. Over several sessions, the therapist gradually asks Vikram to imagine being in an elevator while maintaining that relaxed state, before eventually accompanying him into an actual closed room.
Discuss the steps and principles of the therapeutic technique used by Vikram's therapist.

Ans :

Vikram's therapist is utilizing systematic desensitization, a classical conditioning-based technique involving the repeated pairing of stimuli to eliminate fear.

1. The foundational principle of this therapy requires the therapist to first create a profoundly relaxed mental state in the patient through deep muscle relaxation techniques before introducing them to the fear-producing stimuli that typically lead to extreme psychological distress.
2. Following relaxation, the patient is carefully asked to think about or is directly exposed to the fear-producing object or situation in a strictly hierarchical manner, ensuring the exposure begins with thoughts that induce the absolute least level of anxiety.
3. Gradually, the individual moves upward in the hierarchy to either imagining or facing actual exposure to the feared stimulus that traditionally evokes an extreme level of anxiety, while simultaneously utilizing the previously learned relaxation techniques to remain calm.
4. The person is asked to repeatedly imagine or face every single stressful situation in the hierarchy until it completely fails to evoke any anxiety, creating a new positive association that permanently replaces the maladaptive fear response with relaxation.

139. Ten-year-old Aman frequently breaks serious family rules, acts aggressively towards street animals, and intentionally damages his neighbours' property by throwing stones at their windows. He also skips school regularly without informing his parents.
Identify the behavioural disorder Aman is exhibiting and describe its major symptoms.

Ans :

Aman is suffering from Conduct Disorder, where children behave in ways inappropriate for their age that violate social norms and destruct belongings.

1. One major symptom of this disorder is the blatant violation of family expectations and serious social rules, which frequently includes engaging in persistent truancy from home or school, trespassing, alongside deceit, fraud, and theft without showing any regret.
2. Another prominent clinical feature is the intentional damaging of property, where the disturbed child purposely destructs their own or other people's belongings through highly malicious acts such as setting fires or

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135. In a rehabilitation centre, patients are given special plastic coins every time they exhibit healthy and positive behaviours. Later in the week, they can exchange these accumulated coins for extra movie trips, chocolates, or additional leisure time.

(i) Identify the specific operant conditioning-based therapeutic technique used here.

(ii) Explain the underlying theory of this approach and describe how this specific technique functions.

Ans :

(i) The specific operant conditioning-based therapeutic technique being utilized in the rehabilitation centre is known as the token economy strategy.

(ii) This therapeutic intervention is heavily dependent on modifying outcomes to ensure that individuals learn new positive behaviours while unlearning maladaptive ones.

1. The theory of operant conditioning firmly states that maladaptive or unwanted behaviours are learned and repeatedly exhibited based entirely on their consequences, meaning behaviours yielding a positive outcome or reinforcement are highly likely to be learned and repeated continuously by the patient.
2. Conversely, the theory also prominently postulates that any behaviours yielding a negative outcome or consequence, which practically act as a punishment, are extremely likely to be entirely unlearned and strictly avoided by the individual across various situations in their daily lives.
3. The token economy strategy actively utilizes positive reinforcements by offering individual tokens for exhibiting positive behaviours, which can then be successfully exchanged for obtaining predetermined privileges or desirable rewards like extra movie trips or chocolates to consistently maintain healthy behaviour.

136. After failing his medical entrance exams multiple times, Sameer feels that he has absolutely no control over his destiny and stops studying altogether. Meanwhile, his friend Tara, who also failed, constantly judges herself as worthless, believes no one loves her, and feels her future is completely doomed.

(i) Explain the cognitive concept that led to Sameer's mental state.

(ii) Describe the specific cognitive theory that explains Tara's pattern of thinking.

Ans :

(i) Sameer's condition is driven by beliefs formed after facing uncontrollable life events.

1. He exhibits learned helplessness, a concept given by Seligman, which constitutes a belief where individuals feel they have absolutely no control over their destinies after being constantly exposed to severe, uncontrollable situations, leading to an inability to act.
2. They subsequently generalise this perceived lack of control to other new situations where they might actually control their destiny through proper attempts, ultimately resulting in severe depression, profound feelings of helplessness, and complete passivity towards future challenges.

(ii) Tara's mental state is governed by Beck's concept of automatic negative thinking patterns.

1. According to Beck, depressed persons possess automatic, repetitive, and deeply negative thoughts about the self, the surrounding world, and the future, which he specifically termed as the negative cognitive triad that systematically causes severe emotional distress and depression.
2. Under this triad, people judge themselves as completely worthless beings, firmly believe that other people do not love them and will treat them badly, and think their future is utterly doomed with no hope of anything getting better.

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137. Anita experiences extreme shifts in her mood and energy levels. For weeks, she feels irrationally optimistic, needs very little sleep, and makes unrestrained shopping sprees. Suddenly, she plunges into a state of profound melancholy. Brain scans reveal abnormalities in specific neural regions and neurotransmitter activities during these phases.

(i) Describe the neurochemical factors responsible for the different phases of Anita's condition.

feature is clearly illustrated when Rajesh firmly asserts that he is actually an undercover wealthy industrialist exposing corporate frauds.

3. Intact cognitive functioning: Comparatively, these paranoid patients exhibit fewer problems with their cognitive skills, emotions, and attention. This relative clarity allows them to construct a wide range of complex, peculiar plots, which are often combined with detailed false sensory experiences called hallucinations.

142. Read the conversation below and answer the questions that follow:

Neha: "I feel like a total failure. I couldn't clear the entrance exam, and now my parents are ashamed of me."

Counsellor: "I hear how deeply this experience has hurt you, and it is completely okay to feel upset right now."

Neha: "You don't think I am incompetent? I feel like I shouldn't even try again."

Counsellor: "I value you exactly as you are, regardless of your exam results. You have the freedom to decide your next steps."

Neha: "It is a relief to talk to someone who doesn't judge me or tell me what to do."

Counsellor: "I am here to support you genuinely, and we will navigate your true feelings together."

(i) Identify the therapeutic approach being utilized by the counsellor.

(ii) Discuss three essential qualities the therapist must possess according to this therapeutic approach.

Ans :

(i) The therapeutic approach used is Client-centered therapy, developed by the humanist psychologist Carl Rogers.

(ii) According to this approach, the therapist must possess these essential qualities:

1. Unconditional positive regard: The therapist must accept the client unconditionally throughout the session. They must consistently value and support the client's feelings, behaviour, and thoughts without ever being judgmental. This ensures a supportive environment where the client feels perfectly safe to express emotions without fear of rejection.
2. Genuineness: The therapist must possess the distinct ability to openly share their own true thoughts and feelings. They need not hide behind a highly professional or strict authority figure. Disclosing themselves as a real, living person helps build an environment that promotes trust and honest expression.
3. Empathy: This important quality refers to how sensitively and accurately the therapist understands the client's inner experiences and feelings. The therapist must clearly communicate this deep understanding, which effectively allows the individual to gain a clearer perspective of their own thoughts, behaviour, and underlying emotions.

143. Read the conversation below and answer the questions that follow:

Kavita: "Simran, you have to come to the college farewell party tonight! Everyone will be there."

Simran: "I really cannot. I am sure I will say something stupid and everyone will laugh at me."

Kavita: "Nobody is going to laugh at you. You just need to step out and socialize a little."

Simran: "You don't understand. I feel so inadequate and awkward around people. I would rather stay isolated in my room."

Kavita: "You always impose this isolation on yourself. You are hyper-sensitive to even the slightest criticism."

Simran: "It is just how I am. The fear of being shamed or rejected is too overwhelming for me."

(i) Identify and explain the personality disorder indicated by Simran's behaviour.

(ii) Explain the two genetic and personality factors that cause this disorder.

Ans :

(i) Simran's dialogue indicates Avoidant Personality Disorder, also known as Anxious personality disorder. The primary clinical features include:

1. Social inhibition: Individuals display a pervasive pattern of self-imposed social isolation. They are extremely reluctant to enter into any new social interactions and generally maintain very limited social relationships because of their deep-seated fears and extreme anxieties.
2. Hypersensitivity: They experience deep feelings of inadequacy, extremely low

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Ans :

Tina is visibly exhibiting Separation Anxiety Disorder, a severe condition where children are extremely and highly inappropriately fearful of physically separating from their primary caregivers. The typical symptoms include:

1. The affected child experiences extreme psychological distress and intense panic at the mere thought of future separation, or when actually going through the physical process of separation from their secure home or their trusted primary caregiver.
2. They frequently throw severe public tantrums, scream extremely loudly, create an unmanageable fuss, or may even attempt highly drastic measures like suicide solely to successfully avoid the dreaded, panic-inducing separation from their beloved parents.
3. They worry constantly and highly obsessively that something genuinely bad will inevitably happen to them, such as getting hopelessly lost or being violently kidnapped, which will permanently and tragically separate them from the individuals they love.
4. The child consistently shows a strong, undeniable refusal to stay away from home, intensely avoids being entirely alone anywhere, and frequently complains of severe somatic symptoms like chronic headaches or debilitating stomach-aches upon merely anticipating the separation.

131. A clinician is examining Rajiv, who recently lost his job, faces severe financial distress, and is going through a bitter divorce. The clinician needs to record these environmental conditions and evaluate his overall functioning to plan the treatment effectively.

(i) Identify the specific axis where Rajiv's environmental conditions will be recorded.

(ii) Describe the axis used to evaluate his overall functioning along with two other psychosocial conditions covered under the aforementioned environmental axis.

Ans :

(i) Rajiv's environmental and psychosocial conditions will be recorded exclusively on Axis IV of the diagnostic and multiaxial classification system.

(ii) The clinician will utilize another specific axis to evaluate Rajiv's overall functioning and progress, while Axis IV covers various environmental problems.

1. Axis V is utilized to report the clinician's comprehensive evaluation of the individual's overall psychological, social, and job-related functioning using the Global Assessment Functioning Scale, which provides highly quantifiable information about the patient's clinical progress and ultimately helps in planning effective treatment.
2. Under Axis IV, clinicians also evaluate primary support group problems, which can include highly traumatic events like the death or severe ill health of a close family member, creating a challenging environment that significantly affects the diagnosis and prognosis of the mental disorder.
3. Additionally, Axis IV records profound educational and occupational problems that might impact the individual, such as severe illiteracy, continuous discord with classmates or teachers, inadequate school environment, or the constant threat of losing a job leading to immense psychological pressure.

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132. Meera experiences intrusive and inappropriate images of being contaminated by germs. To neutralize the distress caused by these dreadful thoughts, she feels driven to wash her hands repeatedly, which wastes a great deal of her time and adversely affects her skin.

(i) Identify the psychological disorder Meera is suffering from.

(ii) Discuss the cognitive perspective and two brain areas whose increased activity causes this disorder.

Ans :

(i) Meera is suffering from Obsessive Compulsive Disorder, which is a potentially disturbing anxiety disorder characterized by unwanted intrusive thoughts.

(ii) The disorder stems from neurochemical dysfunctions in specific brain regions as well as faulty belief systems that accentuate extreme anxiety.

1. According to the cognitive perspective, this disorder is caused by a faulty belief called thought-action fusion, where the person strongly believes that merely having a thought about doing something

1. Positive reinforcement: This strategy focuses on increasing desired adaptive behaviours by offering individuals symbolic tokens, such as gold stars, immediately after they exhibit the targeted positive behaviours. This successfully reinforces the likelihood of that specific behaviour being repeated again.
2. Exchange for privileges: The accumulated tokens hold no intrinsic value themselves but effectively act as a currency. They can be exchanged later for obtaining specific privileges or tangible rewards, such as extra pocket money, chocolates, or a fun movie trip.
3. Clear expectations: For the technique to be truly effective, the precise nature of the privilege and the exact behaviour required to earn the tokens must be stated clearly beforehand, ensuring the individual knows exactly what is expected of them.
4. Broad application: Token economy is a highly effective and very commonly used technique by parents, teachers, and rehabilitation centres. Its primary goal is the systematic development, shaping, and long-term maintenance of positive, healthy, and adaptive behaviours in children and patients.

146. "The curious paradox is that when I accept myself just as I am, then I can change." — Carl Rogers

Rajesh has been visiting a therapist who treats him as an equal partner rather than a patient, offering no direct advice, suggestions, or judgments about his past experiences.

(i) Identify the specific therapeutic approach being used to assist Rajesh.

(ii) Explain the three essential qualities the therapist must demonstrate to ensure the success of this approach.

Ans :

(i) The specific therapeutic approach being used to assist Rajesh is Client-centered therapy, also known as person-centered therapy.

(ii) To ensure the success of this therapy, the therapist must actively adopt three specific qualities:

1. The therapist must accept the client unconditionally throughout the session without ever being judgmental. By constantly valuing the client's true feelings, thoughts, and behaviour, the therapist creates a highly supportive environment that enables the individual to feel safe and express emotions freely without fear of rejection.
2. The therapist must possess the ability to openly share his or her own true feelings and thoughts with the client. By disclosing fair aspects of their life, they avoid hiding behind a professional facade, which promotes mutual trust and the honest expression of the client's internal thoughts.
3. The therapist must deeply understand the client's feelings and thoughts by accurately perceiving the client's internal experiences. Sensitively communicating this profound understanding back to the client is crucial, as it allows the individual to gain a much clearer understanding of their own inner thoughts, behaviours, and complex emotions.

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147. "Madness is a different reality, a split in the mind's connection with the external world." — Eugen Bleuler

Sanjeev has gradually lost contact with reality. He firmly believes his neighbours are government spies and often reports hearing imaginary voices providing a running commentary on his daily activities.

(i) Identify the specific psychological disorder Sanjeev is most likely suffering from.

(ii) Describe any three positive symptoms associated with this condition that manifest as an 'addition' to normal behaviour.

Ans :

(i) Sanjeev is most likely suffering from Paranoid Schizophrenia, a mental disorder where the individual loses contact with reality.

(ii) Positive symptoms include unusual behaviour patterns which are inappropriately added to a person's normal functioning:

1. Delusions involve firmly held, rigid false beliefs that have no absolute basis in reality. In Sanjeev's case, believing that his neighbours are government spies is a delusion of persecution, where the individual irrationally assumes that other people are constantly plotting against them or trying to cause them deliberate harm.
2. Hallucinations refer to detailed sensory experiences of something that does

not genuinely exist in the external environment. These can involve seeing, feeling, or tasting unreal things, but the most common experience involves hearing imaginary voices that give direct commands or provide a running commentary on the individual's actions.

3. Disorganised thinking and speech occur when the individual jumps from one topic to another meaninglessly. This derailment makes their ideas totally unconnected, rendering their communication incomprehensible, and they may repeatedly utter a jumble of unconnected words, imitate what others say, or invent entirely new words that lack vocabulary existence.

148. "The way you think about a problem is often more important than the problem itself." — Aaron Beck

After failing her university entrance exams twice, Kavita has stopped preparing for any future tests. She now completely believes she is a worthless person, that nobody will ever respect her, and that her entire future is entirely doomed.

(i) Explain the concept that led Kavita to stop preparing for her future exams after experiencing repeated failures.

(ii) Discuss the specific thought pattern Kavita is exhibiting regarding herself, her surroundings, and her future.

Ans :

(i) Kavita's behaviour exhibits learned helplessness, a cognitive concept introduced by Seligman.

1. This psychological concept constitutes a firm belief where individuals feel they have no control over their destinies. Such a negative opinion strongly develops after the person is repeatedly exposed to highly uncontrollable and adverse situations like her exam failures.
2. They rapidly generalise this perceived helplessness to other situations where they could actually control their destiny through proper attempts. Instead of trying, they completely stop making efforts, leading to profound feelings of helplessness and eventually the onset of severe depression.

(ii) Kavita exhibits the negative cognitive triad identified by Aaron Beck.

1. This dysfunctional pattern involves automatic, repetitive, and deeply negative thoughts where depressed individuals judge themselves as totally worthless beings. They inherently believe that other people do not love them and will constantly treat them badly in their surrounding social environment.
2. Furthermore, they firmly think their future is completely doomed because they maintain no hope of anything happening better in their lives. This extremely pessimistic view about the self, world, and future traps the individual in a state of severe depression.

149. "Anxiety is the dizziness of freedom, often trapping the mind in an endless loop of repetitive thoughts and actions." — Søren Kierkegaard

Meera is plagued by persistent, intrusive images of her house catching fire. To temporarily relieve this extreme distress, she feels intensely driven to repeatedly check the gas knobs and door locks up to thirty times before leaving for work. Discuss the various psychological and biological factors that can cause this specific anxiety disorder.

Ans :

This condition stems from various psychological and biological causal factors.

1. The neurochemical factor suggests the disorder stems from increased activity in brain areas like the caudate nucleus and orbital frontal cortex. Dysfunctions in these neural regions fail to filter primitive urges, resulting in peculiar obsessive thoughts and compulsive behaviours regarding danger.
2. The behavioural perspective considers this a learned behaviour acquired via classical conditioning and maintained through operant conditioning. Since checking locks successfully reduces her severe anxiety, this specific response gets strongly reinforced, causing her to continuously repeat this ritualized behaviour in the future.
3. The cognitive perspective states this condition is caused by faulty beliefs involving thought-action fusion. The person believes having a dreadful thought is absolutely equivalent to the action occurring, which accentuates their anxiety and impels them to perform compulsive behaviours to prevent consequences.

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4. The psychodynamic perspective suggests obsessions and compulsions originate from unconscious conflicts when primitive id impulses clash with socially acceptable behaviours. To indirectly cope with this highly distressing conflict, the individual consciously resorts to a more manageable intrusive thought and its associated repetitive behaviour.

150. "Healing takes time, but it also requires a community that provides an opportunity for the individual to rebuild their shattered life." — William Anthony
After receiving clinical treatment for a chronic mental illness, Ananya is struggling to integrate back into her community and secure a job. Illustrate the specific components of the multidisciplinary approach that can empower her to achieve functional independence in society.

Ans :

Psychosocial rehabilitation employs several components to help individuals attain independent functioning.

1. Deinstitutionalisation is the vital process of bringing a person back to their normal social setting from long-term hospital institutionalisation. This crucial step strictly requires providing proper social support systems to help the individual adapt and confidently live independently within their home.
2. Social inclusion specifically aims at establishing mentally ill people as functional, participating members of mainstream society. It ensures the individual is fully respected by others for who they are, completely eliminating any form of painful isolation or unfair discrimination.
3. Social skill training involves practically teaching the individual how to handle basic communication, complex interpersonal relationships, and daily problem-solving. By mastering these social situations more competently, the person is empowered to build meaningful friendships and integrate into community life much more effectively.
4. Vocational rehabilitation helps the individual get back to work by formally teaching and training them for a specific job. Therapists actively evaluate their occupational skills, assist with resume building and interview preparation, and ultimately connect them with potential employers for financial independence.

EIGHT MARKS QUESTIONS

151. Kabir, who has been residing in a psychiatric hospital for a long-term mental illness, is finally preparing to return to his community. His care team is focusing on empowering him to attain the highest level of independent functioning by teaching him social and coping skills, along with providing vocational training for future employment.
(i) Identify the multidisciplinary approach being used by Kabir's care team.
(ii) Explain any six main features of this multidisciplinary approach that help individuals like Kabir integrate into the community.

Ans :

(i) The multidisciplinary approach being used by Kabir's care team is Psychosocial Rehabilitation (PSR).
(ii) The main features of psychosocial rehabilitation used to treat and empower individuals are as follows:
   1. Holistic approach: Psychosocial rehabilitation deeply looks into the emotional, social, and intellectual components of an individual along with their specific psychiatric issues. It fundamentally considers that functional, social, and economic disabilities are directly caused by the underlying mental illness.
   2. Multidisciplinary professionals: A collaborative group of multidisciplinary professionals, including trained psychiatrists, clinical psychologists, dedicated social workers, specialized nurses, and expert occupational therapists, consistently work closely together as a cohesive team to comprehensively treat and support the affected individual.
   3. Skill-based training: The essential skills strictly necessary for an individual to live independently in the society are actively taught. These targeted life

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skills primarily include vital social skills, everyday coping skills, and highly practical self-management skills for daily functioning.

4. Socioeconomic inclusion: It focuses on effectively integrating an individual into the mainstream society by providing structured vocational training and suitable placement opportunities. This is done alongside offering necessary assistance in establishing and successfully maintaining healthy social relationships.
5. Community support: Various structured community programmes form a crucial and integral part of the psychosocial rehabilitation programme. These highly beneficial community-based initiatives generally include established supported housing setups, engaging recreational activities, and dedicated mutual support groups for patients.
6. Strength-based approach: This specific feature emphasizes deeply focusing on the individual's inherent talents and positive attributes. Utilizing these specific personal strengths and unique capabilities significantly aids and accelerates the individual's overall psychological recovery and successful social reintegration process.

152. For the past eight months, Ananya has been constantly restless and irritable. She feels easily fatigued and is overly vigilant, anticipating some unforeseen danger even when everything is fine. She worries excessively about everyday activities, which has severely disrupted her sleep and ability to concentrate.

(i) Identify and define the psychological disorder Ananya is most likely experiencing.

(ii) Explain five possible causes that could have contributed to Ananya's condition.

Ans :

(i) Ananya is experiencing Generalised Anxiety Disorder (GAD). This psychological condition is formally diagnosed when an individual's level of worry and intense apprehension about possible future danger becomes excessive, highly chronic, uncontrollable, and completely unreasonable, persistently lasting for more than six continuous months.

(ii) The possible causal factors that contribute to the development of Generalised Anxiety Disorder are:

1. Genetic factor: Family history plays an extremely important role in this condition. It is conceptualised that the inherited and basic personality trait of neuroticism, which involves a strong biological proneness to experience negative emotions, is highly responsible for causing this disorder.
2. Neurological factor: It is closely associated with the abnormal functioning of neural pathways connecting brain regions involved in thinking and emotion. Furthermore, unusually low levels of Gamma aminobutyric acid (GABA) and serotonin neurotransmitter activities are directly responsible for inducing it.
3. Psychoanalytic reason: Intense anxiety arises when primitive, aggressive id impulses are blocked from expression, causing an unconscious conflict between the id and ego. The person's defense mechanisms break down or remain inadequately developed to deal with this conflict, leaving them highly anxious.
4. Cognitive factors: It may be primarily caused by wrong perceptions, irrational thoughts, or highly biased information processing. Anxious people constantly direct their attention toward threatening stimuli, frequently predisposing them to interpret completely ambiguous or neutral everyday situations in a highly threatening manner.
5. Environmental factors: Severe trauma and major stressful events, such as physical abuse, the sudden death of a loved one, or experiencing numerous uncontrollable and unpredictable events in life, significantly increase the overall likelihood of developing this severely debilitating chronic anxiety condition.

153. Rajesh strongly believes that his neighbours are plotting against him and trying to poison his food. He claims to be a highly influential politician on a secret mission. Conversely, another patient, Amit, shows completely different symptoms; he speaks in an incoherent manner using baby talk and displays odd facial grimacing while giggling aimlessly.

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(i) Based on the symptoms described, identify and explain the type of schizophrenia Rajesh is suffering from.
(ii) Identify the type of schizophrenia Amit is exhibiting and describe its major symptoms.

Ans :

(i) Rajesh is suffering from Paranoid Schizophrenia, which is marked by the following characteristics:
1. High level of suspicion: It is primarily marked by the continuous presence of a high level of intense suspicion and profound mistrust towards others, which inevitably leads to severe difficulties in maintaining any form of normal, healthy interpersonal relationships.
2. Delusion of persecution: Patients firmly hold false, absurd, and illogical beliefs that others are actively plotting against them. They may frequently complain of being constantly followed, intentionally poisoned, or negatively talked about by their close relatives, friends, or even absolute strangers.
3. Delusion of grandeur: Patients develop a completely false and exaggerated belief regarding themselves. As a direct result, they may irrationally claim to be a highly influential, incredibly powerful, wealthy, or exceptionally famous person, such as a great politician or an industrialist.

(ii) Amit is suffering from Disorganized Schizophrenia (or hebephrenia), which features the following major symptoms:
1. Disorganised thought and speech: The patient is entirely unable to form coherent or logical thoughts. Their speech becomes extremely difficult to understand, as it is frequently marked by severe loosening of associations, constant derailment, senseless echolalia, or inappropriate baby talk.
2. Grossly disorganised behaviour: Patients experience severe, debilitating problems in their basic abilities to actively take care of themselves. They heavily struggle to perform regular daily activities such as bathing, eating, or dressing, often displaying highly odd behaviors like strange facial grimacing.
3. Inappropriate affect: They exhibit an absolute lack of emotional expression through a highly monotonous voice and a completely blank face, or display wildly inappropriate emotions, such as giggling aimlessly or experiencing sudden, unpredictable, and uncontrollable laughing or weeping spells.
4. Social withdrawal: The severe disruption in normal communication and the total inability to maintain proper personal hygiene leads the patient to gradually decline into deep reclusion. Consequently, the patients get completely shelled in their own isolated world of hallucinations and bizarre delusions.

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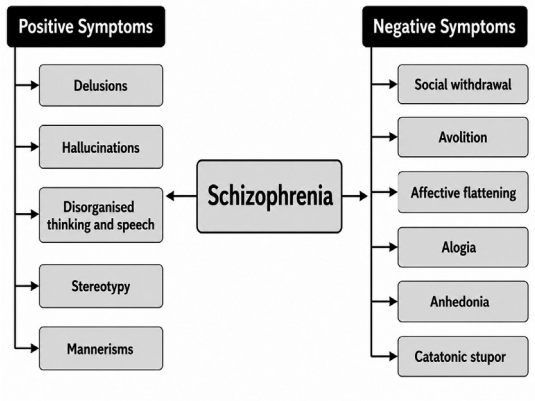
154. A clinical psychologist is conducting an assessment of a new patient to identify their problem and make an appropriate diagnosis. She relies on a widely established, multiaxial classification system produced by the American Psychiatric Association to organise the clinical information comprehensively.
(i) Name the specific classification system being used by the psychologist.
(ii) Briefly state the purpose of Axis V in this classification system.
(iii) Explain any five reasons that illustrate the importance and necessity of classifying mental disorders.

Ans :

(i) The psychologist is using the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV).
(ii) Axis V reports the clinician's evaluation of the individual's overall functioning using the Global Assessment Functioning Scale (GAF) to plan treatment and accurately predict the outcome.
(iii) The scientific classification of mental disorders is highly essential and important for the following reasons:
1. Facilitating communication: A proper classification system actively facilitates clear communication between researchers, clinicians, and patients through the consistent use of a common language, or at least a clearly and precisely defined nomenclature, specific psychiatric terms, and universally understood clinical descriptions.
2. Providing a reference system: It serves the crucial and foundational purpose of providing a structured nosographic



Dr. Kapoor: "When thoroughly reviewing your brother's case, we noted he frequently talks about external agencies plotting against him and sometimes actively hears running commentaries about his daily actions."

Meera: "Yes, and lately he just sits completely motionless in bizarre postures for extended hours, without saying a single word or showing any emotional expression on his face."

(i) Explain any three positive symptoms of the psychological disorder the patient is actively exhibiting.

(ii) Describe any four negative symptoms of this complex psychological disorder based entirely on the chapter.

Ans :

(i) Positive symptoms of schizophrenia essentially involve severe pathological added disturbances or completely abnormal behaviour patterns.

1. Delusions represent firmly held rigid false beliefs possessing no actual basis in external reality, such as the delusion of persecution where the individual firmly believes that external agencies or close relatives are actively spying on or maliciously plotting against them.
2. Hallucinations encompass detailed sensory experiences of things that do not actually exist in reality, with the most common manifestation being auditory hallucinations where the individual repeatedly hears imaginary voices that give direct commands or provide running commentaries on their actions.
3. Bizzare motor behaviour involves highly odd physical movements where patients may exhibit catatonia, which includes maintaining a state of total immobility and mutism, or displaying stereotypy which involves engaging in highly repetitive and unnecessarily awkward physical movements without logical purpose.

(ii) Negative symptoms effectively encompass the noticeable absence or significant loss of normal functional abilities and regular behaviours.

1. Social withdrawal occurs when patients display a complete lack of concern for their social environment, becoming unable to maintain appropriate behaviours like communicating with others or maintaining personal hygiene, often remaining completely silent, severely reclusive, and withdrawn from the world.
2. Avolition denotes a severe lack of drive or initiative, meaning that the individual usually experiences a total and profound lack of psychological motivation to engage in any physical action or take the necessary initiative to successfully complete basic daily tasks.
3. Affective flattening is the total loss of emotional responsiveness where individuals dramatically fail to show appropriate emotional responses to external stimulation, exhibiting a totally apathetic demeanour, blank facial expressions, and extremely inappropriate emotional reactions to serious or extreme situational moments.
4. Alogia and Anhedonia are prominent negative symptoms; Alogia implies the individual actively avoids speaking or communicates strictly using brief one-word replies, while Anhedonia refers to their absolute inability to experience genuine pleasure or joy from activities normally enjoyed by others.

164. Based on the conversation below, respond to the following:

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experiencing these feelings continuously for the past three weeks."

(i) Identify the psychological disorder Rahul is exhibiting.

(ii) Explain any six predisposing factors that could have caused this condition.

Ans :

(i) Based on the symptoms described in the conversation, Rahul is suffering from Major Depressive Disorder, which is also known as Severe Depression or Unipolar Depression.

(ii) The six predisposing factors or causes that lead to this psychological condition are explained below:

1. Neurochemical factor: Recent findings reveal that low levels of thyroid hormone lead to depression. Additionally, low levels of serotonin may affect other neurotransmitters like dopamine and norepinephrine, causing extreme mood changes and depressive episodes.
2. Cognitive factor: The concept of learned helplessness makes individuals feel they cannot control their destinies. They develop a negative cognitive triad, having automatic, repetitive, negative thoughts about themselves, the surrounding world, and their doomed future.
3. Humanistic factor: This approach explains that depression results from heightened self-awareness. Individuals focus inward and realise the incongruence between their ideal self and real self, leading to severe self-criticism, self-blame, and profound feelings of worthlessness.
4. Behavioural factor: Behavioural theories propose that people become deeply depressed when their actions and behaviours consistently meet with punishment in their environment, or when their behaviours are simply no longer positively reinforced by others around them.
5. Genetic factor: Having a family history of depression significantly increases the individual's risk of developing the condition. Family studies have demonstrated that the prevalence of severe depression is approximately three times higher among children of depressed persons.
6. Stressful life events: Severe depression can be triggered by critical life events like financial crises or the death of dear ones. These can be independent events beyond personal control or dependent events influenced by the individual's own personality.

157. Examine the following interaction and answer the questions:

Senior Psychiatrist: "When we assess a new patient, we must not just look at their primary clinical symptoms. We need to organise their information across a multiaxial system. This helps us ensure that personality issues, medical conditions, and environmental problems do not get overlooked, giving us a comprehensive understanding of their current state."

Junior Intern: "I understand. Using this widely established system makes our diagnosis and treatment plan much more accurate."

(i) Identify the widely established classification system being discussed and mention its primary purpose.

(ii) Describe the five levels or categories used in this classification system.

Ans :

(i) The clinicians are discussing the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV). Its primary purpose is to categorise mental disorders along with their clinical features, diagnostic criteria, predisposing factors, and prevalence for proper diagnosis and treatment.

(ii) The multiaxial classification system categorises all mental disorders into the following five axes:

1. Axis I reports all the different clinical disorders excepting Personality Disorders and Mental Retardation. It checks conditions like Attention Deficit and Disruptive Behaviour Disorders, Schizophrenia, Mood Disorders, Anxiety disorders, and Eating Disorders.
2. Axis II reports Personality disorder and Mental Retardation. It checks prominent maladaptive personality features. They are listed on a separate axis to ensure they do not get overlooked when attention is given to Axis I disorders.
3. Axis III reports the general medical condition of the individual while diagnosing the mental disorders. This is

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highly important in understanding and managing the illness, as general medical conditions like infectious diseases or injuries are often related to or serve as causal factors.

4. Axis IV reports the psychosocial and environmental conditions that may affect the diagnosis, treatment, and prognosis. These include problems with primary support groups, social environment, education, occupational factors, housing, economic factors, and access to healthcare services.
5. Axis V reports the clinician's evaluation of the individual's overall functioning. This helps in planning the treatment and predicting its outcome. The reporting can be done using the Global Assessment Functioning Scale, providing quantifiable information about the patient's clinical progress.

158. Read the conversation below and answer the questions that follow:

Aarti: "Have you noticed how Tanya behaves at parties? If she isn't the centre of attention, she gets visibly uncomfortable. Last night, her behaviour was overly dramatic and she was speaking in such an exaggerated, seductive manner just to make people look at her."

Suman: "Yes, and she considers us to be her closest, most intimate friends even though we just met her a month ago. She gets easily influenced by whatever anyone tells her."

(i) Identify the personality disorder Tanya exhibits and describe two clinical features of this disorder that are NOT mentioned in the conversation.

(ii) Explain the four causes of this personality disorder as suggested by different psychological perspectives.

Ans :

(i) Tanya is exhibiting symptoms of Histrionic Personality Disorder. Two other clinical features of this disorder not mentioned in the conversation are:

1. Individuals with this disorder adopt a specific speech style primarily intended to impress others and draw continuous focus toward themselves.
2. They possess a very low level of tolerance for frustration or delayed gratification, requiring immediate fulfillment of their demands and desires.

(ii) The four causes of Histrionic Personality Disorder based on different perspectives are explained below:

1. Genetic and personality factor: A genetic link exists with anti-social personality disorder. The disorder is caused by high levels of extraversion, which includes high adventure and excitement seeking, and high neuroticism, involving low frustration tolerance and heightened emotionality.
2. Psychodynamic factor: This disorder stems from traumatic childhood experiences, parental disapproval, and poor resolution of the Oedipus complex. The individual displays provocative behaviour as an adult to seek the love and attention they were deprived of during childhood.
3. Cognitive factor: Cognitive theorists propose that the disorder results from faulty and maladaptive beliefs. The core faulty thought pattern revolves around the need for attention to validate self-importance, such as believing they are worthless unless they charm people.
4. Behavioural factor: The disorder results from positive reinforcement of attention-seeking behaviour. If provocative gestures or speech successfully make the person the centre of discussion, they learn to continue displaying such behaviours across various social situations to gain attention.

159. Analyse the dialogue and answer:

Dr. Mehta: "Now that Anil has been released from the long-term psychiatric hospital, we need to focus on more than just treating his symptoms. We must help him recover lost skills and improve his overall quality of life."

Social Worker: "Exactly. Our team will provide him with vocational training, help him manage his daily self-care, and sensitise his family to support his recovery so he can function independently."

(i) Identify the specific multidisciplinary approach being discussed to treat Anil.

(ii) What is the main objective of this approach?

(iii) Explain any five main features or components of this approach.

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Ans :

(i) The specific multidisciplinary approach being discussed by the professionals to treat Anil is called Psychosocial Rehabilitation (PSR).

(ii) The main objective of this approach is to empower mentally ill individuals to attain the highest level of functioning independently in society, recovering lost skills and improving their overall quality of life.

(iii) The five main features or components of this rehabilitation approach are:

1. Holistic approach: This strategy deeply examines the emotional, social, and intellectual components of an individual alongside their psychiatric issues. It fundamentally acknowledges that functional, social, and economic disabilities are strongly driven by the underlying mental illness.
2. Multidisciplinary professionals: The rehabilitation is executed by a collaborative group of experts. This specialised team includes psychiatrists, clinical psychologists, social workers, nurses, and occupational therapists who work closely together to comprehensively treat and support the recovering individual.
3. Deinstitutionalisation: This signifies the careful process of transitioning a person back to their natural social setting after long-term institutionalisation in a hospital. It greatly helps the individual to live independently while being backed by adequate social support systems.
4. Occupational therapy: Through this therapeutic technique, individuals participate in regular daily activities involving work, education, self-care, and leisure. The specific tasks and environments are specially adapted to ensure the individual can perform properly and integrate well within a group.
5. Social skill training: This training focuses on teaching individuals how to competently manage communication, problem-solving, and interpersonal relationships. It effectively assists the recovering person in building meaningful friendships and smoothly integrating into broader community life and social situations.

160. Based on the conversation below, respond to the following:

Therapist A: "I never pass judgment on my clients. I simply act as a facilitator and provide a safe environment. They are not 'patients' who are sick; they are equal partners capable of overcoming their own difficulties."

Therapist B: "I agree. By not directing them and simply showing genuine support, they can identify what they want to change and fulfill their true potential."

(i) Identify the specific therapeutic approach being discussed by the therapists.

(ii) According to the founder of this therapy, what is the primary cause of psychological problems?

(iii) Explain four key qualities or principles that a therapist must adopt in this approach.

Ans :

(i) The specific therapeutic approach being discussed by the two professionals is Client-centered therapy, also known as person-centered therapy, originally developed by humanist psychologist Carl Rogers.

(ii) According to Carl Rogers, psychological problems are primarily caused by unrealistic conditions of worth that a person acquires early in life. These unrealistic conditions ultimately result in a deep incongruence between the individual's ideal self and real self, which triggers severe anxiety and consequent psychological disorders.

(iii) The four key qualities and principles a therapist must adopt in this approach are:

1. Unconditional positive regard: The therapist must unconditionally accept, value, and support the client's feelings and thoughts without ever being judgmental. Creating this highly supportive environment facilitates the client to feel completely safe and express their inner emotions freely without any fear of rejection.
2. Genuineness: The therapist must possess the ability to openly share their own true thoughts and feelings with the client without hiding behind a rigid professional facade. By disclosing fair aspects of their life, the therapist

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reference system, which encompasses the detailed classification and systematic description of diseases, strictly to be utilized by mental health professionals in accurate diagnosis and effective treatment.

3. Helping research: Classification significantly aids scientific research by carefully ensuring that the sample cases selected for various psychological studies are as homogeneous or similar as possible, thereby dramatically increasing the validity and reliability of the overall psychological research findings.
4. Facilitating statistical records: It plays a highly vital role in systematically facilitating and securely maintaining accurate statistical records for major public health institutions, which immensely helps authorities in closely tracking the prevalence and occurrence rates of various mental health issues.
5. Insurance reimbursement: A highly standardized and widely accepted classification system explicitly delineates exactly which specific types of diagnosed psychological disorders legally guarantee official insurance reimbursement for the affected patients and comprehensively determines how much financial reimbursement should be provided.

155. Rohan often experiences recurrent, intrusive images of his hands being contaminated by deadly germs. To neutralize the distress caused by these dreaded images, he feels intensely driven to wash his hands repeatedly, sometimes spending hours at the sink, which severely interferes with his daily functioning.

(i) Identify the specific psychological disorder Rohan is suffering from.
(ii) Differentiate between the two major components of Rohan's disorder based on his symptoms.
(iii) Explain any four major perspectives that delineate the causes of this disorder.

Ans :

(i) Rohan is suffering from Obsessive-Compulsive Disorder (OCD).
(ii) Rohan's disorder fundamentally consists of two major components. The first component is obsessions, which are repeated, unwanted, and intrusive thoughts or images. The second component is compulsions, which are repetitive behaviours actively performed to temporarily neutralize the severe distress caused by the obsessive thoughts.
(iii) The possible causes of this anxiety disorder can be explained through the following perspectives:

1. Neurochemical factor: It stems primarily from an increased level of activity in specific brain areas like the caudate nucleus and orbital frontal cortex, which filter primitive urges. Additionally, an increased level of serotonin neurotransmitter activity is highly implicated in directly causing this disorder.
2. Behavioural perspective: This disorder is viewed as a specifically learned behaviour initially acquired through classical conditioning. When an individual discovers that a compulsive checking or washing action noticeably reduces their anxiety, this response gets strongly reinforced and repeated due to operant conditioning.
3. Cognitive perspective: It is caused by a highly faulty belief system where having a distressing thought is equated to doing the action, called thought-action fusion. This completely accentuates their anxiety, impelling the person to engage in compulsive behaviours to rapidly reduce harmful consequences.
4. Psychodynamic perspective: These distressing obsessions and compulsions stem from deep unconscious conflicts arising when primitive id impulses clash heavily with socially acceptable behaviour. To deal with highly repulsive conflicts indirectly, individuals subconsciously resort to more manageable intrusive thoughts and associated compulsive behaviours.

156. Study the exchange given below and respond to the questions:

Rahul: "I don't know what is wrong with me lately. I feel completely worthless and I cry for no reason. I haven't been sleeping well, and I have lost all interest in playing cricket or meeting friends. Sometimes I feel like my future is doomed and I just want to end it all."

Dr. Sen: "It sounds like you have been

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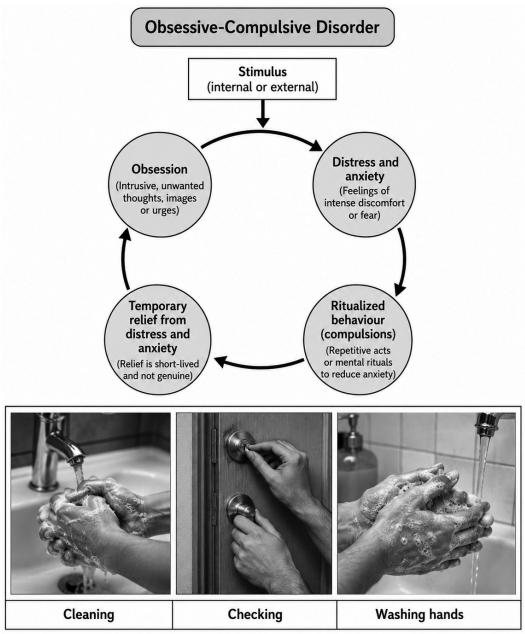
162. Study the exchange given below and respond to the questions:



Aarav: "I can't stop thinking that my hands are covered in deadly germs. The thought just keeps coming back."
Dr. Sen: "And what do you do when you experience these highly intrusive thoughts?"
Aarav: "I wash my hands repeatedly, sometimes for twenty minutes straight. It gives me a temporary sense of relief, but then the fear unfortunately returns."

(i) Identify the specific psychological disorder Aarav is suffering from and define the two main components of this disorder based on his clinical statements.
(ii) Explain the cognitive and neurochemical causes of this complex psychological disorder as thoroughly detailed in the chapter.

Ans :

(i) Aarav is explicitly suffering from Obsessive Compulsive Disorder. This highly debilitating psychological condition fundamentally involves severe obsessions, which are repeated unwanted intrusive thoughts about germs, and physical compulsions, which are repetitive behavioural actions like excessive handwashing explicitly performed to temporarily relieve acute anxiety.
(ii) The cognitive and neurochemical theoretical perspectives provide thoroughly crucial insights into the underlying causes of this distressing disorder.

1. According to the cognitive view, the disorder is caused primarily due to faulty beliefs where a person believes that having a thought about doing something is entirely equivalent to actually doing it, which is conceptually referred to as the phenomenon of thought-action fusion.
2. This deeply ingrained faulty belief continuously keeps on accentuating the individual's severe anxiety due to their constant expectation of impending harmful consequences, strictly impelling the person to actively engage in various compulsive behaviours to predictably reduce the likelihood of dangerous harmful outcomes.
3. Extensive neurochemical researches strongly suggest that this complex psychological disorder stems primarily from an increased level of neural activity in specific brain areas, most notably the caudate nucleus and the orbital frontal cortex, which together form a highly important and intricate internal neural circuit.
4. The orbital frontal cortex effectively serves as the biological seat for controlling primitive urges regarding sex, aggression, hygiene, and danger, while the caudate nucleus acts as a filter; specific dysfunctions here result in profoundly peculiar obsessive thoughts and subsequent repetitive physical compulsions.
5. Serotonin, a prominent neurotransmitter, has been highly implicated in this debilitating condition, with current clinical researches effectively suggesting that an abnormally increased level of serotonin activity directly results in the disorder, meaning medication affecting serotonin levels may sometimes provide necessary patient relief.

163. Examine the following interaction and answer the questions:

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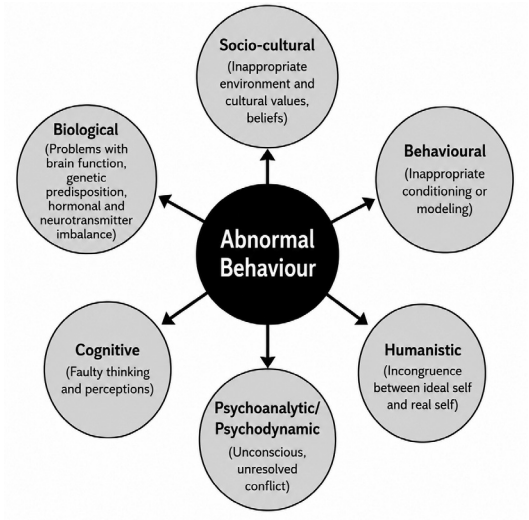
appears as a real person, heavily promoting mutual trust.

3. Empathy: The therapist must have the distinct ability to sensitively and accurately understand the client's deep inner experiences, feelings, and thoughts. Communicating this profound understanding allows the client to gain a much clearer and objective perspective of their own inner behaviour and emotions.
4. Free will: The therapist must entirely respect the client's personal choice to change themselves out of their own free will without being actively directed. The therapist solely guides the client to identify aspects needing change, helping them find positive techniques suited to their unique situation.

161. Analyse the diagram given below and answer the questions:



(i) Identify the specific psychological perspective that explains abnormality in terms of a profound incongruence between an individual's ideal self and real self.

(ii) Describe the Behavioural, Humanistic, and Cognitive perspectives of abnormal behaviour as theoretically depicted in the visual representation.

Ans :

(i) The correct term is the Humanistic approach or the humanistic perspective of abnormal behaviour.

(ii) Modern psychologists delineate various causal factors for abnormal behaviour through these completely distinct theoretical perspectives.

1. The behavioural approach focuses on the learning of various faulty and maladaptive behaviours as the primary cause of abnormality, which can be acquired through classical conditioning where a previously neutral situation becomes strongly associated with a specific maladaptive fear response over time.
2. Individuals may also learn abnormal behaviours via operant conditioning by repeating actions that yield positive outcomes, or through social learning, which involves observing others and subsequently acquiring aggressive or fearful behaviours simply by actively imitating their parents or their peer group.
3. The humanistic perspective describes abnormality primarily in terms of a deep incongruence between one's ideal self, which is who one genuinely aspires to be, and the real self, representing who one actually is, thereby giving rise to severe and ongoing daily anxiety.
4. Unrealistic conditions of worth often deeply distort the individual's self-concept, blocking them from recognising their true emotions, while unfulfilled aspirations and the profound inability to reach their deepest passions gradually lead to the development of various severe mental disorders over time.
5. The cognitive approach explicitly describes that abnormal behaviour stems fundamentally out of an individual's faulty perceptions as well as their highly irrational and illogical thought processes regarding themselves and the surrounding environment they are interacting with on a regular daily basis.
6. A faulty perception of any particular situation or event and its consequent misinterpretation can make the individual extremely gloomy, depressive, and anxious, ultimately giving rise to severe behavioural peculiarities and significant ongoing problems in their everyday personal functioning and interpersonal relationships.

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Dr. Ali: "Lie back on the couch and just relax entirely. I want you to simply talk spontaneously and share whatever naturally comes into your mind right now, no matter how completely illogical or irrelevant it might seem to you."
Neha: "Well, I just suddenly remembered a profoundly strange dream I had last night, and suddenly I feel very unexpectedly angry towards you, almost exactly like how I used to feel about my highly strict father."

(i) Identify the specific therapeutic technique Dr. Ali is initially using when actively instructing Neha to talk spontaneously.
(ii) State the exact psychological term for Neha unconsciously projecting her intense historical feelings about her father directly onto Dr. Ali.
(iii) Describe the elaborate clinical processes of 'Dream analysis', 'Transference', and 'Resistance' as vital functional components of this therapeutic approach.

Ans :

(i) The specific therapeutic technique that Dr. Ali is initially using by instructing the client to recline and talk spontaneously without any active inhibition is known as free association.
(ii) The exact psychological term for the phenomenon where Neha is unconsciously projecting her unresolved hostile feelings about her strict father directly onto her therapist is referred to as Transference.
(iii) These fundamental psychodynamic techniques operate collectively as uniquely essential clinical mechanisms designed to deliberately uncover and interpret the deeply repressed materials safely hidden within the unconscious mind.

1. Dream analysis systematically involves the meticulous and thorough examination of a client's dreams, which Sigmund Freud firmly believed effectively serve as a highly symbolic representation of deeply unconscious thoughts and strongly repressed feelings that remain too psychologically threatening to actively process consciously.
2. This deeply complex clinical technique requires actively analysing both the manifest content, representing the literal subject matter, and the latent content, revealing the hidden underlying meaning, though rapidly forgotten and highly fragmented details make this associative process remarkably difficult for practising analysts.
3. Transference is a critical psychological phenomenon occurring during an ongoing therapy session, fundamentally characterised by the completely unconscious re-direction of complex historical feelings, deeply entrenched attitudes, and unresolved expectations that a patient originally held towards a significant figure, directly onto the therapist.
4. This powerful dynamic can distinctly manifest as positive transference, where the client feels highly secure expressing thoughts, or negative transference, where openly hostile emotions strongly emerge, meaning the therapist essentially becomes a psychological parental substitute allowing historical emotional conflicts to organically resurface.
5. Resistance actively occurs when the anxious client strongly blocks their mind and stubbornly refuses to express certain painful thoughts or report difficult experiences, manifesting as sudden abrupt silence, immediately changing topics, or conveniently missing appointments because the repressed material feels deeply threatening.

165. Analyse the dialogue and answer:

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persistent memory of the single insensitive joke, while overlooking his numerous positive qualities, perfectly illustrates this sensitivity to negative information.

22. A college assigns five students to organize the annual cultural festival. During their second meeting, severe disagreements emerge. Rohan insists on controlling the budget, while Priya argues that her vision for the event should take priority, leading to a clash over leadership roles. Identify the specific phase of group development the students are currently experiencing.
(a) They are setting up expectations and creating a common identity.
(b) They are experiencing conflict over control, resources, and direction.
(c) They are establishing accepted norms of behaviour and settling down.
(d) They are working seamlessly towards the final execution of the event.

Ans :

(b) They are experiencing conflict over control, resources, and direction.
The text outlines that during the formation and initial working of a group, members often experience conflict regarding leadership, resource control, and project direction. This specific phase is termed the 'storming' stage, which clearly matches the situation where Rohan and Priya are actively clashing over the budget and ideological control.

23. Tarun attends a formal fine-dining corporate dinner for the first time. Unsure of which cutlery to use for the various courses, he closely watches his senior colleagues and copies their choices, assuming they know the correct dining etiquette. Which underlying reason best explains Tarun's behaviour in this social setting?
(a) He relies on others' actions because he is highly uncertain about what is accurate.
(b) He desires to be liked, approved, and accepted by his new colleagues.
(c) He feels a sense of evaluation apprehension due to the large crowd.
(d) He is complying with a direct command given by an authoritative figure.

Ans :

(a) He relies on others' actions because he is highly uncertain about what is accurate.
People conform to social norms due to the desire to be correct, known as informational influence. The chapter explains this occurs in hisghly uncertain situations regarding what is accurate. Tarun lacks knowledge about fine-dining etiquette, so he mimics his senior colleagues, genuinely believing their behaviour is the appropriate and correct standard.

24. After winning a state-level debate competition, Kabir credits his victory to his exceptional speaking skills and rigorous research. However, when he fails to qualify in the national round the following month, he claims the judges were biased and the topics were unfair.
What psychological tendency does Kabir's explanation of his outcomes illustrate?
(a) He overestimates how many other participants share his beliefs and opinions.
(b) He judges the situation by imagining a much better alternative outcome.
(c) He evaluates himself more positively than the broader group he belongs to.
(d) He attributes his successes to internal traits and his failures to external factors.

Ans :

(d) He attributes his successes to internal traits and his failures to external factors.
The chapter describes self-serving bias as the tendency to attribute all personal successes to internal or dispositional causes (like exceptional skills) and blame all failures on external causes (like biased judges). Kabir's changing explanations for his debate performances perfectly demonstrate this need to protect and enhance his own self-esteem.

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25. A marketing firm assigns a team of six members to brainstorm ideas for a campaign. Manish, realizing that the final report will be submitted as a collective effort without any individual performance tracking, contributes very few ideas compared to when he works on solo projects.
What explains the reduction in Manish's effort during the team task?
(a) He experiences evaluation apprehension because of the presence of others.
(b) He adopts a more extreme viewpoint after discussing the issue with peers.
(c) He feels less individually responsible since the task is a collective responsibility.
(d) He conforms to the group's pre-established rules to avoid being isolated.

CHAPTER 06
Social Thought and Social Behaviour

MULTIPLE CHOICE QUESTION

1. Kavya fails her math test and blames the examiner for setting an unusually difficult paper. However, when she scores the highest in her science project, she credits her own intellectual abilities and hard work.
Identify the cognitive error displayed by Kavya.
(a) Self-serving bias
(b) Actor-observer effect
(c) False consensus bias
(d) Fundamental attribution bias

Ans :

(a) Self-serving bias
Self-serving bias involves attributing one's successes to internal or dispositional causes, while blaming failures on external situations. In this scenario, Kavya attributes her math failure to an external factor (the examiner's paper) and her science success to internal qualities (intellect and hard work), aiming to protect her self-esteem as outlined in social psychology.

2. Ramesh and his colleagues have been assigned a new project. During their initial team meetings, there are frequent arguments regarding who will control the resources and how the tasks should be divided among the members.
Which stage of team development are they currently experiencing?
(a) Forming stage
(b) Norming stage
(c) Storming stage
(d) Adjourning stage

Ans :

(c) Storming stage
According to the stages of group formation, the storming stage is characterised by internal conflicts among group members. They often argue over leadership, resource control, and the exact path to achieve goals. Ramesh's team is currently facing these exact leadership and resource allocation issues before they can establish norms.

3. During a college festival, a group of students is asked to pull a heavy rope in a tug-of-war competition. Vikram, realizing that his individual effort cannot be distinguished from the rest, exerts much less energy than he usually would.
Identify the phenomenon occurring in this specific situation.
(a) Social facilitation
(b) Evaluation apprehension
(c) Group polarisation
(d) Social loafing

Ans :

(d) Social loafing
Social loafing is the tendency for individuals to put in less effort when working as part of a group compared to when working individually. Since Vikram's individual contribution cannot be measured separately, he feels less responsible and reduces his motivation, making the task a collective responsibility without individual accountability.

4. Meera moves from a small town to a metropolitan city to attend a reputed university. Within a few months, she entirely changes her dressing style and daily habits to blend in with her new classmates and be accepted by them.
Determine the primary factor driving her behaviour change.
(a) Group cohesiveness
(b) Acculturation
(c) Open environment
(d) Group status

Ans :

(b) Acculturation
Acculturation occurs when a person conforms to the norms of a particular group or culture to get quickly assimilated into it. Meera tries to become

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a member of a new university group by adopting their dressing style and habits, ensuring that she is accepted by that particular social community.

5. A senior manager initially asks an intern, Rohan, to compile a small list of client contacts. After Rohan completes this relatively mild action, the manager asks him to work late and finish an entire complex marketing report.
Which technique is the manager using to gain compliance?
(a) Legitimacy of authority
(b) Fast pacing orders
(c) Foot in the door
(d) Signs of position

Ans :

(c) Foot in the door
The foot in the door technique involves an authority figure starting with initial commands that require relatively mild actions. Once the person complies, the authority gradually escalates the level of orders to something more difficult or demanding, making it harder for the individual to refuse later, just like Rohan's situation.

6. An individual receives a highly critical medical report suggesting a severe health issue. Instead of accepting the diagnosis, he immediately questions the credibility of the laboratory and searches for contradictory evidence to prove the report wrong.
Identify the psychological concept illustrated by this reaction.
(a) Motivated skepticism
(b) Automatic vigilance bias
(c) Downward counterfactual thinking
(d) Person positivity bias

Ans :

(a) Motivated skepticism
Motivated skepticism is the specific tendency of a person to become highly doubtful and deny accepting unfavourable information that negates their existing beliefs. The individual faced with a critical diagnosis actively searches for contradictory information to maintain their preferred view of being healthy, thereby resisting the unfavourable medical evidence completely.

7. A committee of environmentalists meets to discuss penalties for factories violating pollution laws. Initially, members support moderate fines, but after prolonged discussion, they unanimously vote to permanently shut down any non-compliant factory.
What explains this extreme shift in the committee's decision?
(a) Social facilitation
(b) Group cohesiveness
(c) Majority influence
(d) Group polarisation

Ans :

(d) Group polarisation
Group polarisation happens when a group of like-minded people take an extreme position regarding an issue after discussion. As the environmentalists share a common viewpoint, their group interactions lead to hearing newer arguments that favour their stance, resulting in a much harsher and more extreme decision than initially considered.

8. While attending a formal dinner, guests notice that almost everyone is greeting the host in a specific traditional manner, even though no explicit rule was stated. Consequently, new arrivals also begin using the same greeting.
What kind of unwritten rule is guiding the guests' behaviour?
(a) Injunctive norms
(b) Descriptive norms
(c) Internalised norms
(d) Unsocial norms

Ans :

(b) Descriptive norms
Descriptive norms simply indicate what the majority of people do in a given situation, without explicitly specifying what is approved or disapproved. Since the guests are observing and replicating the greeting behaviour of the majority at the dinner, they are relying on descriptive norms to guide their own actions.

9. If an employee consistently arrives late to work, no other colleague faces a similar issue, and the employee is also late to other non-work gatherings, a manager concludes that the tardiness is due to the employee's personality.
Which combination of attribution information leads to this specific internal conclusion?
(a) Low consistency, low consensus, high distinctiveness
(b) High consistency, high consensus, high distinctiveness
(c) High consistency, low consensus, low

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distinctiveness
(d) Low consistency, high consensus, low distinctiveness

Ans :

(c) High consistency, low consensus, low distinctiveness
According to Kelley's Theory of Attribution, an internal attribution is correctly made when an individual's behaviour shows high consistency (happens repeatedly over time), low consensus (others do not behave in the same way), and low distinctiveness (the person behaves similarly across different situations). This exact combination indicates internal personality traits.

10. After winning a silver medal in a national athletic meet, a runner constantly imagines how she could have won the gold if she had started sprinting just a few seconds earlier, causing her immense regret.
Determine the specific thought process she is engaging in.
(a) Upward counterfactual thinking
(b) Downward counterfactual thinking
(c) Automatic vigilance bias
(d) False consensus bias

Ans :

(a) Upward counterfactual thinking
Upward counterfactual thinking involves imagining better outcomes than what actually occurred in reality. By constantly thinking about how she could have won the gold instead of the silver medal, the runner triggers negative feelings of regret, perfectly illustrating thoughts that run counter to the facts in an upward direction.

11. Rahul gets a silver medal in a track racing event. Instead of being happy with his podium finish, he keeps imagining how a slightly better start would have won him the gold medal, leaving him feeling envious and deeply regretful.
Which one of the following cognitive processes best explains Rahul's reaction?
(a) Automatic vigilance
(b) Downward counterfactual thinking
(c) Upward counterfactual thinking
(d) Motivated skepticism

Ans :

(c) Upward counterfactual thinking
Upward counterfactual thinking occurs when an individual imagines better alternative outcomes to an event than what actually happened. This cognitive process typically results in negative emotions such as regret or envy. Rahul is fixated on the possibility of winning gold instead of his actual silver medal, perfectly demonstrating this phenomenon.

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12. During an inter-college debate competition, members of the host college's team share a strong sense of pride, trust, and view each other favorably. However, they view all the visiting teams as hostile, overly aggressive, and generally inferior, creating a rigid "us versus them" mindset.
Which psychological dynamic is primarily responsible for the host team's perception of the visiting teams?
(a) Primary and secondary group dynamics
(b) Ingroup and outgroup categorisation
(c) Formal and informal group structuring
(d) Group polarisation and extreme decision making

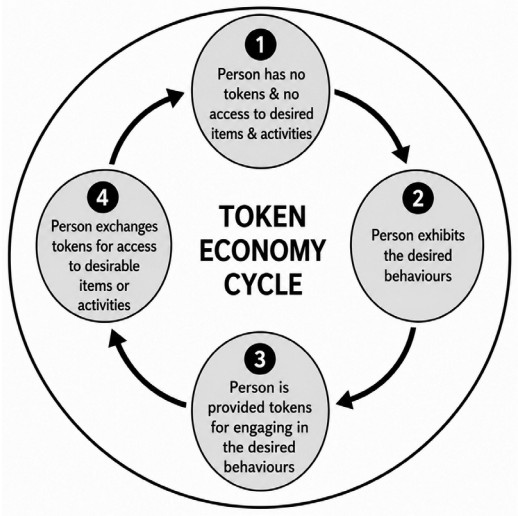
Ans :

(b) Ingroup and outgroup categorisation
Based on the Social Identity Theory, individuals tend to divide the social world into 'ingroups' (us) and 'outgroups' (them). Members identify strongly with their ingroup, viewing it favorably, while perceiving the outgroup unfavorably. The host college team's internal pride and external hostility towards visiting teams perfectly illustrates this categorisation.

13. When Neha trips and falls on the college staircase, she quickly blames the poorly lit hallway and slippery steps. However, when she sees her classmate Priya fall on the exact same staircase the very next day, Neha assumes Priya is simply clumsy and inattentive.
Which one of the following biases is reflected in Neha's assessment of the two incidents?
(a) Self-serving bias
(b) False consensus bias
(c) Actor-observer effect
(d) Person positivity bias

Ans :

(c) Actor-observer effect
The actor-observer effect is the psychological tendency to attribute one's own actions to external or situational causes while attributing other people's identical behaviours to internal or dispositional causes. Neha blames the external


1
Person has no tokens & no access to desired items & activities
2
Person exhibits the desired behaviours
3
Person is provided tokens for engaging in the desired behaviours
4
Person exchanges tokens for access to desirable items or activities
TOKEN ECONOMY CYCLE

Mrs. Verma: "My young son consistently refuses to complete his daily school homework and frequently throws loud public tantrums whenever he is asked to simply clean his bedroom."

Mr. Thomas (Special Educator): "We can actively introduce a highly structured reward system where every single time he actually completes his homework or successfully cleans his room, he predictably earns a small plastic chip. Once he collects exactly five chips, he can formally trade them in for an hour of highly desired video game time."

(i) Identify the exact behavioural therapy technique systematically proposed by Mr. Thomas.

(ii) State the fundamental psychological premise or established scientific theory upon which this specific therapeutic behaviour modification technique is entirely based.

(iii) Describe the comprehensive practical operation and clinical application of this specific therapeutic technique exactly as detailed within the chapter.

Ans :

(i) The exact behavioural therapy technique systematically proposed by Mr. Thomas to successfully manage, alter, and modify the young child's disruptive daily actions is professionally known as the Token Economy strategy.

(ii) This structured therapeutic technique is fundamentally based on the established psychological theory of operant conditioning. It strictly operates on the foundational premise that maladaptive or unwanted human behaviours are meticulously learned, maintained, and repeatedly executed entirely based upon their direct resulting environmental consequences.

(iii) The token economy strategy operates as a highly systematic and evidence-based behavioural intervention meticulously designed to effectively shape, consistently encourage, and continuously sustain highly positive human actions.

1. This robust behavioural strategy effectively utilises powerful positive reinforcements by actively offering the individual tangible tokens immediately after they successfully exhibit the explicitly desired positive behaviours, which structurally serves to strongly reinforce those targeted constructive actions within a highly controlled educational or clinical environment.
2. These carefully accumulated tokens subsequently function as a highly valuable secondary currency, which may later be appropriately exchanged for successfully obtaining various desirable personal privileges or specific tangible physical rewards like receiving extra pocket money, enjoying a planned movie trip, or consuming preferred chocolates.
3. For this particular behavioural strategy to function optimally without any confusion, the precise nature of the final privilege corresponding to the exact positive behaviour must be stated completely clearly and firmly agreed upon beforehand, definitively ensuring the individual fully understands the expected effort-reward correlation.
4. This highly structured and predictable approach represents an immensely popular and remarkably effective clinical technique consistently used by observant parents, trained teachers, and dedicated professionals working in various rehabilitation centres for successfully developing, comprehensively reinforcing, and safely maintaining healthy long-term adaptive behavioural life patterns.

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they are currently navigating this turbulent phase of group development.

18. Sanya joins a new software company and attends her first formal team dinner. Unsure of which specific cutlery to use for the various dining courses, she closely watches her senior colleagues and mimics their choices, assuming they know the appropriate dining etiquette.
Which one of the following best explains Sanya's behaviour in this situation?
(a) She is demonstrating motivated skepticism towards rules.
(b) She is conforming due to normative social influence.
(c) She is displaying an automatic vigilance cognitive bias.
(d) She is conforming due to informational social influence.

Ans :

(d) She is conforming due to informational social influence.
Informational influence occurs when individuals are uncertain about what is correct in a particular situation, leading them to conform to group behaviour because they believe the others are accurate. Sanya mimics her colleagues because she lacks knowledge about the cutlery and trusts their expertise, which exemplifies informational influence perfectly.

19. During a crowded corporate networking event, Vikram notices that a stranger is standing unusually near to him while talking, almost invading his personal space. This makes Vikram feel extremely uncomfortable and defensive, prompting him to step back immediately.
Which specific aspect of non-verbal communication is influencing Vikram's emotional reaction?
(a) Posture and drooping
(b) Eye contact and staring
(c) Appearance and untidiness
(d) Closeness and spatial invasion

Ans :

(d) Closeness and spatial invasion
Non-verbal communication involves various bodily and spatial cues that convey valuable information about feelings. 'Closeness', which involves the physical distance between individuals or invading someone's personal space, is a critical component. Vikram's discomfort directly stems from this spatial violation, which strongly influences his perception of the social interaction.

20. In historical instances of warfare, soldiers are often trained to view the enemy forces not as human beings with families, but as dangerous, malicious threats that must be unconditionally eradicated for the sake of global peace.
Which psychological mechanism is being used here to promote unquestioning obedience to harmful commands?
(a) Devaluing the victim
(b) Reducing physical accountability
(c) Escalating the command levels
(d) Shifting the responsibility

Ans :

(a) Devaluing the victim
Devaluing the victim is a mechanism that promotes obedience by psychologically distancing oneself from the target. By perceiving the victim as dangerous or less than human, the individual feels no guilt when inflicting harm. Training soldiers to view enemies as malicious threats directly utilises this mechanism to ensure strict obedience.

21. Sneha meets a new colleague who is polite, highly qualified, and helpful, but during their conversation, he makes a slightly insensitive joke. Even after several months, Sneha primarily remembers him for that one joke and completely overlooks his positive traits when describing him to others.
Which of the following accurately describes the reason behind Sneha's persistent perception?
(a) She is modifying her initial perception to match the majority opinion.
(b) She is attributing his behaviour to external situational pressures.
(c) She is directing disproportionate attention to negative stimuli over non-threatening ones.
(d) She is doubting favourable information that contradicts her pre-existing beliefs.

Ans :

(c) She is directing disproportionate attention to negative stimuli over non-threatening ones.
According to the chapter, this bias is the tendency of individuals to automatically pay disproportionate attention to negative components of a stimulus. This focus interferes with attending to non-threatening traits. Sneha's

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environment for her own fall, yet blames Priya's internal personality trait of clumsiness for the exact same incident.

14. A teacher assigns a complex term project to a group of five students, giving them a single combined grade based on the final presentation. During the preparation, it is observed that two students hardly contribute, knowing their individual lack of effort cannot be easily isolated or identified by the teacher.
Which one of the following group phenomena is best illustrated by the behaviour of the two non-contributing students?
(a) Social loafing
(b) Group polarisation
(c) Social facilitation
(d) Groupthink

Ans :

(a) Social loafing
Social loafing occurs when individuals put in less effort while working as part of a group compared to working individually. This happens because individual performance is not distinctly measured, making them feel less responsible. The two students reduce their effort because the collective project masks their lack of individual contribution.

15. A manager notices that an employee, Manish, regularly misses project deadlines. Furthermore, no other team members miss these specific deadlines, and Manish also fails to submit his individual daily reports on time across several other completely unrelated tasks.
According to Harold Kelley's framework, how would the manager most likely interpret the cause of Manish's behaviour?
(a) High consistency and consensus indicate an external cause.
(b) High consensus and distinctiveness indicate a combined cause.
(c) Low consistency and distinctiveness indicate an external cause.
(d) Low consensus and distinctiveness indicate an internal cause.

Ans :

(d) Low consensus and distinctiveness indicate an internal cause.
According to Harold Kelley's theory, when an individual's behaviour displays high consistency (happens regularly), low consensus (others do not behave this way), and low distinctiveness (happens across various different situations), the behaviour is attributed to internal causes. Manish's consistent delays across different tasks, unlike his peers, indicate internal reasons.

16. A senior executive first asks his junior, Amit, to stay just ten minutes late to help format a short document. A few days later, the senior asks Amit to stay an hour late, and eventually, Amit finds himself regularly working through his weekends on the senior's demand without refusing.
Which one of the following methods of securing compliance and obedience is the senior executive utilising?
(a) Fast pacing commands
(b) Foot in the door technique
(c) Reducing emotional impact
(d) Escalation of position

Ans :

(b) Foot in the door technique
The foot in the door technique involves an authority figure starting with minor, relatively mild requests. Once the person complies, the level of demands is gradually escalated to something much larger or more objectionable. Amit's senior successfully used this method to transition from a ten-minute request to demanding weekend work.

17. A newly formed student committee for organizing the college cultural festival is holding its second meeting. Members are aggressively arguing over who will manage the finances and control the sponsorship resources, leading to severe factions and disagreements within the team.
Based on the standard sequence of group development, which stage is the committee currently experiencing?
(a) Storming
(b) Performing
(c) Adjourning
(d) Norming

Ans :

(a) Storming
During the 'storming' stage of group formation, conflicts frequently arise among members regarding leadership, resource control, and the direction the group should take. The aggressive arguments over financial control and the resulting factions in the committee clearly indicate that

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Ans :

(c) He feels less individually responsible since the task is a collective responsibility.
Social loafing occurs when an individual acts as part of a group where personal performance cannot be distinguished, leading them to exert less effort. The chapter notes this happens because the task becomes a collective responsibility, decreasing individual motivation since their specific contributions are neither directly praised nor solely blamed.

26. Rahul is a high school student who recently submitted his final project a week past the deadline. His class teacher notices that no other student in the class submitted their project late. Furthermore, Rahul has been late in submitting assignments across all his other subjects this year, and he has consistently shown this pattern of delay in previous semesters as well.
Which of the following statements correctly analyse the teacher's understanding of Rahul's behaviour?
(P) The situation demonstrates low consensus because no other student in the class behaved in this particular way.
(Q) The teacher is most likely to attribute the behaviour to external circumstances, such as a difficult assignment.
(R) The behaviour exhibits high distinctiveness because it happens consistently across different subjects and situations.
(S) The predominant reasons for this behavioural pattern will be assigned to his internal personal traits or habits.
(a) Only (P) and (S)
(b) Only (Q) and (R)
(c) Only (P) and (Q)
(d) Only (R) and (S)

Ans :

(a) Only (P) and (S)
According to Kelley's theory of attribution, an internal cause is determined when behaviour shows high consistency (always late), low consensus (others are on time), and low distinctiveness (late across different subjects). Consequently, the teacher will attribute Rahul's ongoing delays to his personal traits and habits rather than assigning blame to external factors.

27. Meera secures the second position in a highly competitive state-level chess tournament. Instead of being happy with her silver medal, she spends the following week constantly imagining how she could have won the gold trophy if she had just played one specific defensive move differently in the final match.
Which of the following statements relate to Meera's cognitive process?
(P) She is experiencing thoughts that are entirely contrary to the actual facts of the past event.
(Q) Her cognitive evaluation will likely result in feelings of intense satisfaction and relief regarding her performance.
(R) She is actively imagining a better alternative outcome than what actually occurred in reality.
(S) She is displaying motivated skepticism by completely denying and rejecting the final tournament results.
(a) Only (Q) and (S)
(b) Only (P) and (R)
(c) Only (R) and (S)
(d) Only (P) and (Q)

Ans :

(b) Only (P) and (R)
Meera is demonstrating upward counterfactual thinking, a process where an individual imagines a significantly better outcome than what occurred in reality. By focusing on "what might have been" if she had played differently, she generates negative feelings of regret and frustration rather than experiencing satisfaction with her actual achievement.

28. A group of college students forms a committee to organize the annual cultural festival. Initially, they are polite and excited to work together. However, a few days later, severe arguments break out regarding who will manage the budget, who will make the final vendor decisions, and which theme should be chosen. Factions begin to form within the committee.
Which of the following statements accurately describe the current phase of this committee?
(P) The members are currently in the stage where they have developed accepted norms of behaviour and are ready to work.
(Q) The committee is experiencing a phase characterised by interpersonal conflict and power struggles among its members.
(R) The group is in the initial phase of apprehension and excitement about how the whole thing would work out.
(S) The situation involves disagreements over

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the control of resources, leadership roles, and the path to be taken.

(a) Only (P) and (R)
(b) Only (P) and (S)
(c) Only (Q) and (S)
(d) Only (R) and (Q)

Ans :

(c) Only (Q) and (S)

The cultural committee is currently experiencing the 'storming' stage of group formation. This specific phase emerges after the initial meeting and is distinctly marked by internal conflict. Members commonly argue over leadership roles, resource control, and goal achievement paths, separating dissidents from the majority before group norms can be established.

29. During a massive cleanliness drive in a neighbourhood, Rohan observes that when all volunteers are sweeping the long street together, some people, including his friend Amit, barely put in any physical effort. However, when Amit was assigned to clean a small park entirely alone the next day, he did an exceptionally thorough job.

Which of the following statements explain Amit's varying levels of effort?

(P) Amit puts in less effort in the larger task because his individual performance cannot be distinguished from the crowd.
(Q) The presence of other volunteers induces a competitive arousal that makes Amit try harder for social praise.
(R) The group setting forces Amit to take an extreme stance regarding the value of the cleanliness drive.
(S) The collective task decreases his motivation as he feels less individually responsible for the final outcome.

(a) Only (Q) and (R)
(b) Only (P) and (Q)
(c) Only (R) and (S)
(d) Only (P) and (S)

Ans :

(d) Only (P) and (S)

Amit's behaviour perfectly exemplifies social loafing, where individuals exert significantly less effort when working in a group compared to working alone. Because his individual performance cannot be distinguished from the collective task, his personal responsibility and motivation decrease, realizing he will not be exclusively praised or blamed for the results.

30. An IT company manager orders his subordinate, Vikram, to secretly delete a few crucial emails that expose the company's fraudulent accounting practices. The manager firmly assures Vikram that the executive board has officially sanctioned this specific task and that Vikram is merely the instrument executing company policy.

Which of the following statements explain why Vikram might comply with this unethical directive?

(P) Vikram is more likely to comply because he views himself as a tool for carrying out orders rather than being responsible.
(Q) The manager's physical distance from Vikram increases the emotional impact and compassion for the victims.
(R) Vikram is experiencing a normative influence because he desperately wants to be liked and accepted by his peers.
(S) The assurance that the executive board sanctioned the act increases the perceived legitimacy of the command.

(a) Only (Q) and (R)
(b) Only (P) and (Q)
(c) Only (P) and (S)
(d) Only (R) and (S)

Ans :

(c) Only (P) and (S)

Vikram's likelihood to obey unethical instructions is driven by a lack of perceived responsibility, as he views himself merely as an instrument carrying out superior orders. Furthermore, referencing the executive board's official sanction establishes the legitimacy of the authority figure, making it exceptionally difficult for a subordinate to defy the command.

31. Read the following Assertion and Reason carefully and select the correct option.

Assertion (A): Rohit believes his recent promotion is solely due to his exceptional dedication, whereas he feels his previous demotion was entirely the fault of a biased manager.

Reason (R): Individuals tend to protect their self-esteem by ascribing all personal successes to internal or dispositional causes and blaming external factors for their failures.

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.

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(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
Rohit's behaviour exemplifies the self-serving bias, where individuals ascribe their personal successes to internal causes (dedication) and failures to external causes (biased manager). This tendency primarily stems from a desire to protect and enhance self-esteem. The reason correctly defines this psychological bias and perfectly explains Rohit's contrasting attributions for his outcomes.

32. Read the following Assertion and Reason carefully and select the correct option.
Assertion (A): After a long discussion about penalising a member for a minor parking violation, the resident welfare committee, who already held strict views on discipline, decided to impose an exceptionally severe fine.
Reason (R): The presence of other people induces an arousal in the individual which makes them try harder to perform a task in a way that would be praised.
(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
The assertion describes group polarisation, where like-minded individuals in a group take extreme positions after discussion, resulting in a severe fine. The reason accurately describes social facilitation (evaluation apprehension) and how the presence of others affects individual performance. While both statements are factually correct according to social psychology, the reason does not explain the assertion.

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33. Read the following Assertion and Reason carefully and select the correct option.
Assertion (A): Sunita, who secured the second position in the state athletic meet, feels immense regret and envy, constantly imagining how a slightly faster start would have won her the gold medal.
Reason (R): Imagining worse outcomes than what actually occurred generates negative feelings because the individual compares their present state with a less desirable alternative.
(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(c) Assertion is true, and Reason is false.
The assertion correctly portrays upward counterfactual thinking, where imagining a better alternative to reality generates regret. However, the reason is false because imagining worse outcomes refers to downward counterfactual thinking. Downward counterfactuals lead to positive feelings of satisfaction, not negative feelings, as one realises the situation could have been much worse.

34. Read the following Assertion and Reason carefully and select the correct option.
Assertion (A): While participating in a group tug-of-war event where individual contributions cannot be distinguished, Karthik exerts significantly more physical effort than he does when competing in a singles sporting event.
Reason (R): When a task becomes a collective responsibility, individuals feel more individually responsible, which increases their motivation as they realise their personal efforts will be uniquely recognised.
(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

teammate had a severe sore throat and was working with a malfunctioning microphone.
Identify the principle of attribution Rohit is using to evaluate his teammate's effort.

Ans :

Augmenting principle.

62. When Ananya won the debate competition, she credited her excellent speaking skills, but when she lost the essay writing contest, she blamed the biased judges.
Identify the attribution error that Ananya is making.

Ans :

Self-serving bias.

63. Kartik loved a newly released science fiction movie and bought ten tickets for his friends, feeling absolutely certain they would all enjoy it just as much as he did, only to find out most of them hated it.
Which cognitive bias is affecting Kartik's judgment?

Ans :

False consensus bias.

64. Rakesh usually behaves politely with everyone in the office, but he loses his temper specifically and only when interacting with the new HR manager.
According to Harold Kelley's theory, what type of attribution information does Rakesh's behaviour display?

Ans :

High distinctiveness.

65. After missing the gold medal by just one point in a national sports meet, Rohan keeps obsessing, "If only I had practiced for one more hour daily, I would have won."
Which specific cognitive process is Rohan engaging in?

Ans :

Upward counterfactual thinking.

66. Meera had a wonderful first day at her new college, making several friends and enjoying the lectures, but she cannot stop fixating on a senior who gave her a stern look in the hallway.
Name the bias influencing Meera's perception of her day.

Ans :

Automatic vigilance bias.

67. A devoted supporter of a local politician reads a detailed news report exposing the politician's corruption, but he dismisses the report as fake news and searches for articles that validate his loyalty.
Identify the tendency displayed by this supporter.

Ans :

Motivated skepticism.

68. During the school sports week, members of the Blue House view the members of the Red House with suspicion, judging them unfavourably and feeling a strong sense of "us versus them."
Based on social identity theory, what term describes the Red House in relation to the Blue House members?

Ans :

Outgroup.

69. A newly formed college cultural committee is struggling to function because members are constantly arguing over who will be the president and how the budget should be controlled.
Which stage of group formation is the committee currently experiencing?

Ans :

The storming stage.

70. The student council of a prestigious school decided to organize an outdoor fest during the heavy monsoon season. Even though many members knew it was a disastrous idea, no one objected because they did not want to ruin the council's unity.
Identify the social phenomenon occurring in this situation.

Ans :

Groupthink.

71. When asked to lift a heavy wooden table alone, Suresh puts in maximum effort, but when lifting a similar table alongside three other friends, he barely exerts any force.
What term describes this reduction in Suresh's individual effort?

Ans :

Social loafing.

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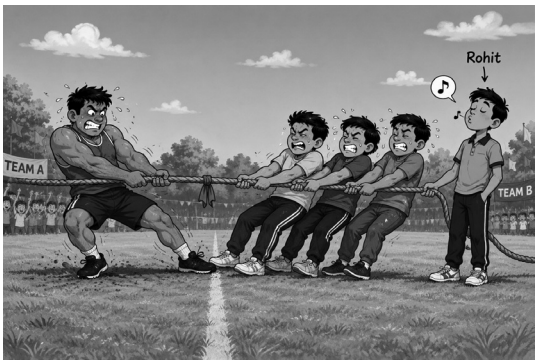
representation in the image, analyze her current mental process regarding the outcome of the race.
(a) Counterfactual thinking
(b) Automatic vigilance bias
(c) Motivated skepticism
(d) Fundamental attribution bias

Ans :

(a) Counterfactual thinking
Counterfactual thinking involves evaluating a situation by thinking about a perfect alternative to it, often described as 'what might have been'. By imagining a better outcome than reality, known specifically as upward counterfactual thinking, Priya generates negative feelings of regret and envy, completely overshadowing her actual silver medal achievement.

38. Observe the image below and answer the following question.



The illustration demonstrates a team event where Rohit is participating alongside his peers. His individual physical effort appears drastically reduced compared to when he practices the sport entirely on his own. Which group dynamic is primarily responsible for Rohit's reduced physical exertion?
(a) Social facilitation
(b) Group cohesiveness
(c) Social loafing
(d) Group polarisation

Ans :

(c) Social loafing
Social loafing is the tendency of individuals to put in less effort when acting as a part of a group compared to performing individually. Since Rohit feels his individual effort cannot be distinguished and the task is a collective responsibility, his motivation decreases, resulting in him pulling the rope half-heartedly.

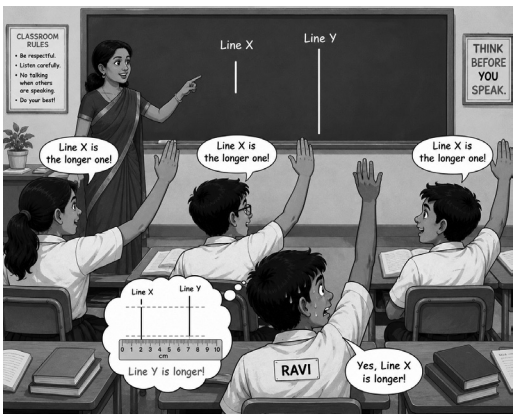
39. Observe the image below and answer the following question.

A group of students has been assigned a collaborative science project. While deciding the project methodology, strong disagreements emerge regarding who will control the resources and lead the data collection phase. Identify the specific phase of group development currently experienced by these students.
(a) Forming stage
(b) Performing stage
(c) Norming stage
(d) Storming stage

Ans :

(d) Storming stage
The 'storming' stage occurs during the initial working of a group when conflicts arise among members. Individuals argue over leadership, resource control, and the exact path to achieve the group's goals. The visible hostility and aggressive disagreement between the students perfectly illustrate this stage of separating dissidents from the like-minded.

40. Observe the image below and answer the following question.



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Ravi is participating in a classroom perceptual activity where he clearly knows the accurate answer. However, upon observing his classmates' unanimous but visibly incorrect responses, he verbally agrees with their flawed conclusion to avoid standing out. What psychological phenomenon explains Ravi's final response?
(a) Social facilitation
(b) Conformity
(c) Obedience
(d) Acculturation

Ans :

(b) Conformity
Conformity involves changing one's belief or behaviour to fit in and assimilate with a group. Despite knowing the correct answer, Ravi yields to the majority's incorrect response. He conforms due to normative influence, driven by his strong desire to be accepted by peers and his fear of criticism or social isolation.

ONE MARK QUESTIONS

41. Rohan ensures he is dressed formally and speaks politely during his first job interview to produce a favourable perception.
Identify the specific two-way process Rohan is attempting to manage.

Ans :

Impression management

42. While speaking to the principal, Ankit constantly avoids direct eye contact and nervously shifts his posture.
Name the basic component of social perception being observed here.

Ans :

Non-verbal communication

43. Even though it was pouring rain and there was a sudden transport strike, Sunita managed to reach her examination centre on time.
Name the attribution principle that gives more importance to her determination in this scenario.

Ans :

Augmenting principle

44. Ramesh loudly criticises his boss, but he also complains about his colleagues, his landlord, and his neighbours in the exact same manner.
Which specific type of information in Kelley's theory of attribution is low in Ramesh's case?

Ans :

Distinctiveness

45. When Priya scores the highest in her class, she credits her intelligence, but when she fails a math test, she blames the unfair paper.
Identify the attribution bias she is displaying.

Ans :

Self-serving bias

46. After winning a silver medal in the sprint, Kabir feels miserable because he keeps imagining how he could have easily won the gold if he had trained a little harder.
What specific cognitive process is Kabir experiencing?

Ans :

Upward counterfactual thinking

47. A die-hard fan of a famous celebrity refuses to believe news reports showing clear evidence of the celebrity's criminal activities, instead denying the unfavourable information.
Name the tendency being exhibited by the fan.

Ans :

Motivated skepticism

48. Students of Blue House view members of Red House unfavourably and share a strong "us versus them" feeling during the school sports meet.
What term describes how Blue House students perceive the Red House members?

Ans :

Outgroup

49. The newly formed environmental club in college is facing constant arguments among members regarding who will control the club's funds and lead the upcoming plantation drive.
Which stage of group formation is the club currently passing through?

Ans :

Storming stage

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50. The board of directors of a major company unanimously agrees on a disastrous financial strategy without opposing it, believing that disagreement might undermine their team solidarity.
Name this phenomenon.

Ans :

Groupthink

51. A skilled guitarist plays flawlessly in his bedroom but starts fumbling on stage because he assumes the audience will severely criticise his mistakes.
What specific assumption is causing his nervousness?

Ans :

Evaluation apprehension

52. During a tug-of-war match, it is noticed that individual participants pull the rope with much less force compared to when their strength is tested individually.
Identify the term used for this reduction in collective effort.

Ans :

Social loafing

53. A committee of strict disciplinarian teachers sits to decide the punishment for a student breaking the dress code, and they collectively agree on a harsh suspension, a far more extreme penalty than any of them initially planned.
What group dynamic caused this extreme decision?

Ans :

Group polarisation

54. Rahul initially adopts a vegan diet merely to fit in with his college friends, but eventually, he genuinely accepts animal rights beliefs both privately and publicly.
Which broad variety of social influence does this change represent?

Ans :

Internalisation

55. The hospital puts up a sign reading "Silence please! Do not disturb others," specifying a strictly approved code of conduct.
What specific type of social norm does this sign represent?

Ans :

Injunctive norm

56. While travelling to a foreign country, Megha is highly uncertain about how to eat a traditional dish, so she carefully watches and copies the exact dining etiquette of the local residents.
What specific reason for conformity is she demonstrating?

Ans :

Informational influence

57. An Indian immigrant moving to Canada quickly adopts the local slang and dressing style to get quickly assimilated into the new society.
Identify the factor affecting conformity in this situation.

Ans :

Acculturation

58. A senior asks a junior to first simply hold his bag, and later escalates the demand by ordering the junior to complete his entire practical file.
Which technique of obedience is the senior employing?

Ans :

Foot in the Door Technique

59. During wartime, propaganda often trains soldiers to perceive enemy troops as vicious monsters rather than human beings to make obeying lethal commands easier.
Explain briefly how this emotional distancing factor promotes obedience.

Ans :

By devaluing the victim and perceiving them as dangerous, the participant feels no guilt and obeys authority.

60. Conformity and obedience are both forms of social influence, but they are triggered by entirely different sources.
Explain briefly the difference in the source of pressure between the two.

Ans :

Conformity occurs due to subtle group pressure, whereas obedience occurs due to submission to an authority figure.

61. Rohit praises his teammate for delivering an excellent presentation, particularly because the

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Identify the specific attribution bias exhibited by Kabir in the given scenario.

Ans :

Self-serving bias

82. Carefully examine the image showing a young woman, Aditi, reflecting on a past event.

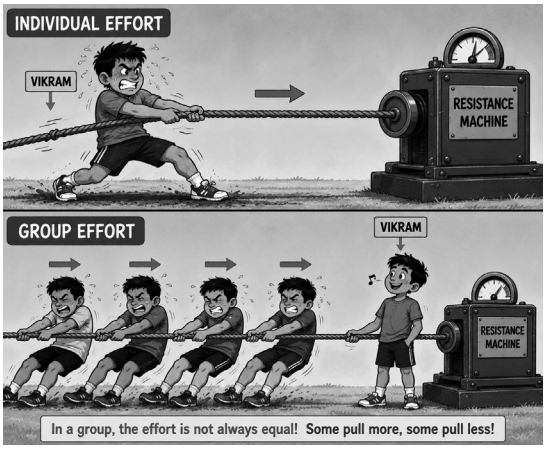
If only I had prepared more for the technical round, I would have secured this job easily.
We regret to inform you...
DATA STRUCTURES
SYSTEM DESIGN
ALGORITHMS
Keep Going, Aditi!

Which specific type of cognitive thought process is Aditi engaging in as she evaluates her situation?

Ans :

Upward counterfactual thinking

83. Look at the diagram illustrating a group activity involving college students.

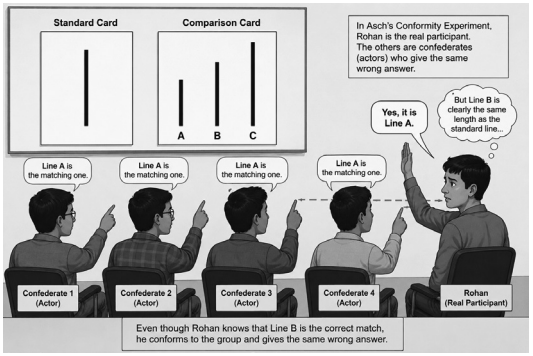


Name the phenomenon that explains Vikram's reduced effort when acting as part of the group.

Ans :

Social loafing

84. Analyze the psychological experiment scenario depicted in the illustration below.

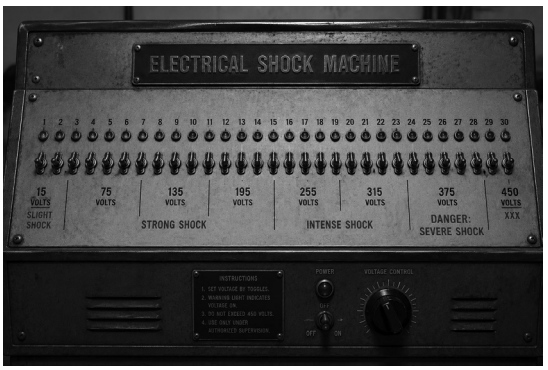

Standard Card
Comparison Card
A
B
C
In Asch's Conformity Experiment, Rohan is the real participant. The others are confederates (actors) who give the same wrong answer.
Yes, it is Line A.
But Line B is clearly the same length as the standard line...
Line A is the matching one.
Confederate 1 (Actor)
Confederate 2 (Actor)
Confederate 3 (Actor)
Confederate 4 (Actor)
Rohan (Real Participant)
Even though Rohan knows that Line B is the correct match, he conforms to the group and gives the same wrong answer.

Which specific type of social influence is demonstrated by Rohan's final response?

Ans :

Conformity

85. Review the illustration of a specific piece of equipment used in a famous psychological study.



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72. A neighborhood committee met to discuss a minor parking dispute. After an hour of discussion among the like-minded residents, they collectively took an extreme stand to permanently ban the offending family's vehicles from the society.
Identify the group phenomenon that led to this harsh decision.

Ans :

Group polarisation.

73. Priya is an excellent classical singer at home, but her voice trembles and she forgets her notes when performing on stage in front of a panel of expert judges.
According to Cottrel, what assumption causes Priya's underperformance in the presence of others?

Ans :

Evaluation apprehension.

74. Even though Siddharth dislikes wearing formal clothes, he starts wearing a suit to his new workplace every day simply because he fears criticism and wants to be accepted by his new colleagues.
What is the specific psychological reason for Siddharth's conformity?

Ans :

Normative influence.

75. Teenage fans of a famous cricket player instantly start copying his new hairstyle and abandoning their previous looks, simply because they deeply respect and admire him.
According to Herbert Kelman, which variety of social influence are the fans displaying?

Ans :

Identification.

76. The city library displays a prominent sign stating that visitors must maintain strict silence and that talking loudly will result in immediate expulsion.
Which specific type of social norm is being enforced by this rule?

Ans :

Injunctive norms.

77. After moving from India to Japan for work, Aditi quickly learns to bow during greetings and removes her shoes before entering homes, eager to be assimilated into her new community.
Which factor affecting conformity is evident in Aditi's behaviour?

Ans :

Acculturation.

78. A senior student initially asks a junior to just hold his bag for a minute. The next day, he asks the junior to fetch his lunch, and eventually, he forces the junior to do his entire project.
Identify the specific technique used by the senior to escalate obedience.

Ans :

Foot in the Door Technique.

79. When questioned by the police about unfairly dismissing factory workers, a manager defended himself by stating, "I was merely acting as an instrument and doing what the company director commanded me to do."
Which psychological factor is promoting the manager's obedience here?

Ans :

Lack of responsibility.

80. Before his first meeting with his future employers, Raj spends hours carefully selecting his outfit, preparing polite conversation topics, and practicing a confident posture in the mirror.
Identify the two-way process Raj is engaging in to produce a favourable outward appearance.

Ans :

Impression management.

81. Observe the illustration of a student named Kabir and his reactions to his exam results.

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Ans :

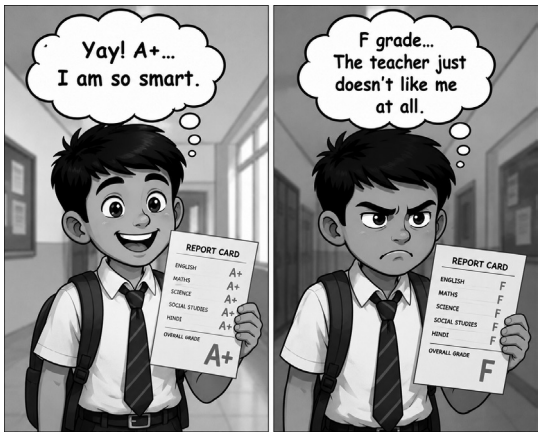
(d) Both Assertion and Reason are false.
The assertion is false because when individual performance is indistinguishable in a group, people exhibit social loafing and put in less effort, not more. The reason is also false; social psychologists state that collective responsibility makes individuals feel less responsible, decreasing their motivation because their individual efforts will neither be recognised nor specifically praised.

35. Read the following Assertion and Reason carefully and select the correct option.
Assertion (A): When attending a formal corporate dinner for the first time, Rahul, who was highly uncertain about the correct cutlery to use, carefully observed his colleagues and copied their actions.
Reason (R): In situations where persons are highly uncertain about what is correct, they conform to the group behaviour thinking it to be accurate.
(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
The assertion illustrates informational influence, a form of conformity where an individual copies others due to uncertainty. Rahul conforms because he does not know the correct etiquette. The reason is a true factual statement that directly explains this phenomenon, as people desire to be correct and assume the majority's behaviour is the accurate standard.

36. Observe the image below and answer the following question.



In the given illustration, Arjun evaluates his academic performance in two different subjects. He reacts differently to his success and failure. Identify the specific cognitive error depicted in Arjun's thought process.
(a) Automatic vigilance bias
(b) False consensus bias
(c) Self-serving bias
(d) Person positivity bias

Ans :

(c) Self-serving bias
Self-serving bias involves ascribing all academic successes to internal or dispositional causes, such as personal intelligence or hard work, while attributing all failures to external causes, like an unfair teacher. This cognitive bias primarily occurs to protect and enhance self-esteem. Here, Arjun takes credit for his 'A+' but blames external factors for the 'F'.

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37. Observe the image below and answer the following question.

Priya recently secured the second position in a state-level athletics meet. Based on her cognitive

Identify the type of social influence this apparatus was designed to test in Stanley Milgram's experiment.

Ans :

Obedience

86. Study the relation between the first two words/ phrases and then fill in the fourth word.
Family : Primary group :: Political party : _____

Ans :

Secondary group

87. Study the relation between the first two words/ phrases and then fill in the fourth word.
Solomon Asch : Conformity :: Stanley Milgram : _____

Ans :

Obedience

88. Study the relation between the first two words/ phrases and then fill in the fourth word.
Imagining better outcomes : Upward counterfactual thinking :: Imagining worse outcomes : _____

Ans :

Downward counterfactual thinking

89. Study the relation between the first two words/ phrases and then fill in the fourth word.
Conflict among members : Storming stage :: Accepted hierarchy of leadership : _____

Ans :

Performing stage

90. Study the relation between the first two words/ phrases and then fill in the fourth word.
Ascribing successes to internal causes : Self-serving bias :: Overestimating agreement of others to one's opinions : _____

Ans :

False consensus bias

91. State whether the following is True or False.
According to Kelley's theory of attribution, if an individual's behaviour shows high consistency but low consensus and distinctiveness, the predominant reasons for this behaviour are assigned to external causes.

Ans :

False

92. State whether the following is True or False.
Imagining better outcomes than what has actually occurred in a past situation generally leads an individual to experience negative feelings of regret or envy.

Ans :

True

93. State whether the following is True or False.
The tendency of individuals to put in less effort when acting as a part of a collective becomes more pronounced when they belong to a highly motivated cohesive group.

Ans :

False

94. State whether the following is True or False.
A person who experiences and enjoys a higher status within a group generally exhibits higher conformity to group norms than an individual who holds a lower status.

Ans :

True

95. State whether the following is True or False.
When obeying destructive commands from an authority figure, physically distancing oneself from the victim helps the individual obey because it blurs their feeling of accountability for the actions.

Ans :

True

FOUR MARKS QUESTIONS

96. After receiving his exam results, Rohan keeps thinking that if he had studied for two extra hours every day, he would have secured the first rank. This thought process makes him feel dissatisfied but motivates him to change his strategy for the next term.
(i) Identify the cognitive process Rohan is engaging in.
(ii) Explain the nature of this process and its effects based on the scenario.

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Ans :

(i) Rohan is engaging in upward counterfactual thinking, which involves having thoughts that are different from reality.

(ii) This cognitive process influences emotional states and helps determine future behavioural strategies.

1. Counterfactual thinking refers to those thoughts which make a person think over the difference in their situation if things in the past had occurred differently. It is a tendency to judge any situation by thinking about a perfect alternative, described as the 'what might have been if...' thought process.
2. When an individual imagines better outcomes than what actually occurred, it is known as upward counterfactual thinking. This specific type of thinking generally leads the person to experience negative feelings such as regret and envy, as they realise that their current situation could have been significantly better.
3. Despite these negative emotions, this thinking process can be constructive because it helps the person to deeply understand the reasons for the worse outcomes. This realisation ultimately facilitates and motivates them to adopt new strategies for achieving much better performance on future occasions.

97. During a meeting, an employee named Kavita vehemently criticises the project manager. Her colleagues note that she criticises this manager regularly, she also criticises all other senior staff members, and no other subordinate is criticising this project manager.

(i) Based on the scenario, identify the cause attributed to Kavita's behaviour according to the relevant psychological theory.

(ii) Explain the three types of information used to arrive at this specific attribution.

Ans :

(i) Kavita's behaviour is attributed to internal causes because it demonstrates high consistency, low consensus, and low distinctiveness.

(ii) Harold Kelley identified three basic types of information used to determine whether internal or external causes govern behaviour.

1. Consistency refers to the extent to which a person behaves in a similar way to a particular stimulus across time, meaning across different occasions. In this scenario, Kavita criticising the manager regularly whenever they interact clearly indicates that her behaviour possesses a very high level of consistency.
2. Consensus refers to the extent to which other people agree to the cause of the individual's behaviour in response to the same stimulus. Since no other subordinate is criticising the project manager in the office, Kavita's behaviour demonstrates a decidedly low level of consensus among her peers.
3. Distinctiveness refers to the extent to which the person behaves in the same manner to different stimuli or situations. Because Kavita aggressively criticises all other senior staff members and not just the project manager, her behavioural pattern reveals a significantly low level of distinctiveness in her actions.

98. During a historical conflict, soldiers were commanded to launch artillery strikes from a remote command centre, miles away from the target. The commanding officer noted that soldiers complied with these extreme commands much more readily than when fighting in close combat.

(i) Identify the primary factor promoting such compliance to authority in this scenario.

(ii) Discuss how this factor psychologically facilitates the soldiers' actions.

Ans :

(i) The primary factor promoting obedience in this scenario is emotional distancing from the victim due to physical separation.

(ii) When individuals are physically and emotionally separated from their victims, it psychologically facilitates obedience in the following ways:

1. Physical distance drastically reduces emotional impact because the victim is physically away from the individual. Consequently, the participant does not feel much empathy or compassion towards the victim, making it significantly easier to continue obeying the violent command without perceiving them as a physical person.

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2. The physical distance profoundly blurs the participant's feeling of accountability for his actions. Because they are situated remotely, the individual does not feel directly responsible for the harmful consequences, perceiving the situation merely as doing exactly what is being told by the superior authority figure.
3. By distancing oneself from the victim, the participant systematically devalues the victim and perceives them as dangerous. Due to this psychological devaluation, the individual feels no guilt regarding their destructive actions and continues to obey the authority figure, rationalising that they are acting for peace.

99. A teenage boy, Samir, recently moved to a new country and immediately started wearing the local traditional attire and participating in regional festivals, even though his family does not. He is highly motivated to become an accepted member of his new neighbourhood community.

(i) Identify the specific factor affecting Samir's behaviour in this new environment.

(ii) Explain this factor and discuss two other factors that can influence such behavioural changes in individuals.

Ans :

(i) The specific factor affecting Samir's behaviour and driving his conformity in the new environment is acculturation.

(ii) Several factors influence conformity behaviour, dictating how and why individuals alter their actions to fit into specific social groups.

1. Acculturation occurs when a person conforms to norms to get quickly assimilated into a particular group or culture. This mainly happens when a person tries to become a member of a new group, like an immigrant conforming to local societal norms to ensure community acceptance.
2. The size of the group is another critical factor influencing conformity. As the size of the majority group becomes progressively larger, it creates substantial psychological pressure on the individual group members, which inevitably ensures that the overall level of conformity increases within that specific social setting.
3. Group cohesiveness also dictates conformity levels. High group cohesiveness yields a higher level of conformity than low cohesiveness, indicating that liking and admiration among members are quite strong. When members share intense emotional ties and solidarity, their tendency to conform to group expectations naturally increases.

100. A committee of environmental activists meets to discuss a local factory's pollution violation. Initially, most members believed a moderate fine would be appropriate. However, after an hour of sharing their identical viewpoints, the committee unanimously voted to demand the permanent closure of the factory.

(i) Identify the social phenomenon demonstrated by the committee's final decision.

(ii) Explain the mechanism behind this phenomenon and its potential consequences.

Ans :

(i) The social phenomenon demonstrated by the committee's extreme final decision is known as group polarisation.

(ii) This phenomenon occurs when groups of like-minded people take decisions on specific issues after detailed discussions.

1. When like-minded individuals discuss an issue, they tend to take an extreme position regarding it. This polarisation takes place because individuals in the group get to hear newer, stronger arguments that heavily favour and reinforce their initial personal viewpoints during the course of their interaction.
2. During these discussions, the individuals perceive themselves as an 'ingroup' and strongly identify with the other group members. This profound sense of belongingness results in their conforming to what the others say, ultimately giving rise to an extreme and amplified stand on the initial viewpoint.
3. Group polarisation can have very dangerous consequences in reality. The cohesive group may take highly extreme positions that strictly favour their own group members or make excessively harsh and punitive decisions against

NODIA

Ans :

Emotional distancing from the victim promotes higher obedience to an authority figure in several distinct ways.

1. Reduces emotional impact: When the victim is physically away from the individual, like in another room, the participant does not feel much empathy or compassion. The victim is not perceived as a physical person, making it significantly easier to continue obeying commands.
2. Feeling less accountable: The physical distance effectively blurs the participant's feeling of personal accountability for his actions. Consequently, he does not feel responsible for his aggressive actions and merely perceives it as doing exactly what he is told by authority.
3. Devaluing the victim: By completely distancing oneself from the victim, the participant psychologically devalues the victim, sometimes perceiving him as dangerous. Hence, the individual feels no guilt and continues to obey the authority figure, believing he is acting for peace.
4. Stanley Milgram's experiment clearly demonstrated this phenomenon. It showed that an individual's physical and emotional distance from the victim fundamentally helps them perpetrate violent behaviours, as they lack an emotional connection and do not physically see the victim suffer.

110. Rahul recently joined an elite debate club at his university. During meetings, he notices that whenever the club president or senior members express an opinion on a controversial topic, the rest of the members quickly agree, and Rahul finds himself doing the same, even when he secretly holds a different view.

Based on the provided image and scenario, elaborate on four factors that affect Rahul's tendency to yield to this majority influence.

Ans :

Rahul's tendency to change his behaviour to assimilate with the group is conformity, driven by several factors.

1. Group cohesiveness: High group cohesiveness yields a higher level of conformity. It indicates that liking and admiration among the debate club members are quite strong, and sharing intense ties among them automatically increases the pressure on Rahul to conform completely.
2. Group status: A person who enjoys a higher status is considered a role model. Since the club president holds a high authoritative position, Rahul naturally conforms to the set norms, expecting the president to set an example of proper behaviour.
3. Open environment: Conformity is invariably greater in an open environment where people need to share their views publicly in front of others. Since the voting happens openly at the table, Rahul conforms out of fear of expressing his opinions secretly.
4. Size of the group: As the size of the majority group becomes larger, it creates substantial psychological pressure on individual group members. Facing multiple senior members who unanimously agree forces Rahul to yield to the majority influence despite his disagreement.

111. During a college debate, Amit publicly agrees with his peers about a controversial policy to avoid arguments, though he privately opposes it. Meanwhile, Priya completely adopts the lifestyle of a famous celebrity she idolises, and Rohan deeply accepts a new environmental philosophy both publicly and privately.
With reference to the scenario, answer the following questions.

(i) Identify the broad psychological concept that encompasses the behavioural changes shown by these students.

(ii) Explain the three specific varieties of this concept as identified by Herbert Kelman, linking them to the students.

Ans :

(i) The broad psychological concept encompassing the behavioural changes

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office strictly because his manager issued a directive enforcing the company's dress code policy.
Based on the given scenario, differentiate between the two types of social influences exhibited by Prakash and Amit.

Ans :

The scenario highlights the distinct differences between conformity, shown by Prakash, and obedience, shown by Amit.

1. Conformity occurs due to a subtle, unspoken group pressure from peers, whereas obedience occurs due to direct submission to an authority figure. Prakash acts to please his social group, while Amit behaves strictly as instructed by his authoritative manager.
2. Conformity is considered a purely voluntary act to fit in, whereas obedience is fundamentally a compulsory act. Prakash willingly changes his lifestyle to avoid rejection, but Amit must follow the dress code to avoid professional punishment or negative consequences.
3. In the process of conformity, the pressure to conform is dispensed by the total group or community. In stark contrast, during the process of obedience, the coercive pressure is directly created and firmly enforced by a single authority figure.
4. Due to conformity, a person generally changes his internal beliefs, attitudes, and opinions to match the crowd. On the other hand, in obedience, a person simply follows direct orders and does not genuinely change his or her own personal beliefs.

104. Human beings often commit cognitive errors while determining the reasons behind their own and others' behaviours. These perceptual mistakes shape how we view our successes, justify our failures, and evaluate political figures or mass opinions.
Discuss any four common biases in attribution that lead to such errors in social perception.

Ans :

Biases in attribution are errors committed while ascribing reasons behind behaviours.

1. Self-serving bias involves ascribing personal successes to internal causes while blaming failures on external causes. It arises from our psychological need to protect and enhance our self-esteem and appear competent in various workplace or everyday interpersonal social interactions.
2. False consensus bias is a person's tendency to heavily overestimate the extent to which others will agree to their beliefs. This leads individuals to misinterpret reality, incorrectly believing that their personal opinions are absolutely normal and shared by the majority.
3. Person positivity bias is the tendency to evaluate an individual much more positively than the overarching group to which they belong. This is frequently noticed in politics, where citizens deeply admire specific leaders despite holding the entire political institution in low regard.
4. Fundamental attribution bias is the strong tendency to explain other people's behaviours by attributing them exclusively to internal personality traits, while completely ignoring the clear presence of powerful situational or external factors that actually prompted the observed behaviour.

105. Throughout our lives, we interact within various social units that possess distinct characteristics. While some of these units shape our core values during childhood, others are joined voluntarily for specific professional or political purposes.
Based on their functions and membership criteria, explain any four types of groups found in society.

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Ans :

Groups are classified into several distinct categories based on their size, functions, and specific membership criteria.

1. Primary groups are those an individual is born into, like families. Members share close physical proximity and emotional bonds. The individual does not choose this membership, but it immensely influences their early formative values, fundamental ideals, and personal attitudes.
2. Secondary groups are associations individuals voluntarily choose to join and leave. Interactions among these members remain largely indirect, highly impersonal, and infrequent compared to primary groups. A professional political party serves as a perfect real-world example of this specific group.
3. Formal groups execute clearly specified functions based entirely on rigid rules. Each

member occupies a designated position, rigorously following accepted norms that actively facilitate the systematic and orderly running of complex administrative organisations, much like a typical university or office.

4. Informal groups naturally lack any rigid rules or strict structural norms that members must follow. These social units remain much more closely knit circles where members genuinely share intimate personal relationships, with casual groups of friends representing the most common example.

106. Meera consistently receives complaints from her clients about her late deliveries. However, no other employee in the firm receives such complaints. Moreover, Meera delays tasks not only in client deliveries but also in internal team submissions.

Low Consensus
This is unacceptable! You people never get it right!
MEERA
The client is rude to many employees, not just Meera. (BEHAVIOUR NOT UNIQUE)
High Consistency
DEADLINES DISCIPLINE DELIVERY
It's already 5 PM! Why is this still not done?
MANAGER
Meera is always late in submitting reports, every single time. (BEHAVIOUR IS CONSISTENT)
Low Distinctiveness
Not my problem. I'll deal with my tasks.
TEAMWORK MAKES THE DREAM WORK
Others are also not responding to the email. It's not just Meera. (BEHAVIOUR NOT UNIQUE)
Meera's behaviour is judged: Rude Client → due to Low Consensus; Late Report → due to High Consistency; Ignoring Email → due to Low Distinctiveness.

Analyze the scenario depicted in the image to answer the following questions.

(i) Identify the predominant cause of Meera's behaviour according to the relevant theoretical framework.

(ii) Explain the three types of information used to arrive at this conclusion.

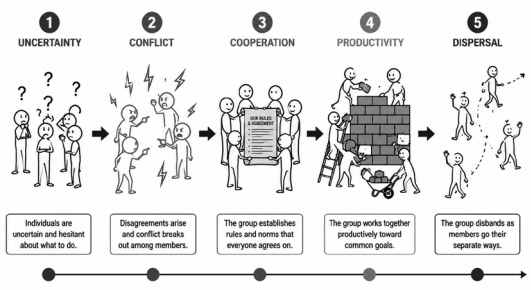
Ans :

(i) The predominant cause of Meera's behaviour is internal causes, as explained by Kelley's theory of attribution.

(ii) According to Harold Kelley's theory of attribution, we use three distinct types of information to evaluate if behaviour is driven by internal or external factors.

1. Consistency refers to the extent to which a person behaves in a similar way to a particular stimulus across different occasions. Meera's behaviour demonstrates very high consistency because she repeatedly and habitually delays her submissions and tasks over a long period.
2. Consensus involves the extent to which other people behave in the identical way to the individual in the same situation. The consensus here is exceedingly low, as absolutely no other employees in the organization receive similar complaints from their clients.
3. Distinctiveness signifies the extent to which a person acts in the same manner towards entirely different stimuli or situations. Meera's distinctiveness is remarkably low since she exhibits the exact same delaying behaviour for both external client projects and internal team requirements.

107. A newly formed college committee was initially very polite, but soon, intense arguments erupted over who would lead the weekly discussions and how the budget should be allocated. Several members threatened to quit before they finally agreed on a leadership structure.


1 UNCERTAINTY
2 CONFLICT
3 COOPERATION
4 PRODUCTIVITY
5 DISPERSAL
Individuals are uncertain and hesitant about what to do.
Disagreements arise and conflict breaks out among members.
The group establishes rules and norms that everyone agrees on.
The group works together productively toward common goals.
The group disbands as members go their separate ways.

Analyze the given scenario and image to answer the following questions.

(i) Identify the specific stage of the group process where the intense arguments occurred.

(ii) Describe the first three sequential stages of this process as depicted in the visual.

Ans :

(i) The specific stage of the group process where the intense arguments occurred is called the storming stage.

(ii) The development of any group is a gradual process involving several distinct sequential stages before it becomes fully functional.

1. At first, the 'forming stage' occurs when people initially meet together. During this phase, there are strong apprehensions about how the people will function, alongside excitement about

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how the whole thing would work out, as members try to understand each other's ideas and interests.

2. Next is the 'storming stage', which involves significant conflict among the members regarding who would actually lead the group, control the resources, and choose the correct path for achieving goals. This turbulent stage ultimately separates dissidents from the like-minded individuals within the group.
3. Following this, the group enters the 'norming stage', where they develop certain norms of group behaviour that are accepted and abided by all members. The group establishes harmony, and a clear hierarchy of leadership and working methods are properly accepted by everyone.

108. After receiving her examination results, Ananya realised she had scored 88%. While she was happy to pass, she could not stop thinking about how she would have scored above 95% if she had just studied the final chapter, leaving her feeling deeply envious of her peers.

Observe the specific cognitive process occurring on the left side of the image and answer the following questions.

(i) Identify and explain the specific psychological concept shown on the left side of the image.

(ii) Explain two possible effects of this cognitive tendency on an individual's future actions or emotions.

Ans :

(i) The image clearly illustrates the psychological concept of upward counterfactual thinking.

1. Counterfactual thinking is the tendency to judge any situation by thinking about a perfect alternative to it. It involves generating thoughts counter to the facts, focusing on what might have been if the past events had occurred differently.
2. Upward counterfactual thinking happens when someone imagines significantly better outcomes than what actually occurred. Here, Ananya envisions achieving a much higher score if she had only prepared differently by reading the final chapter before taking the examination.

(ii) This tendency strongly impacts human emotions and future behavioural strategies.

1. Experiencing this thought process generates intense negative feelings within the individual. By comparing actual achievements to a superior imaginary outcome, the person often experiences deep feelings of regret, dissatisfaction, and painful envy towards their more successful peers in the class.
2. Despite the emotional discomfort, it can yield highly productive outcomes. Recognizing the specific reasons for the worse outcomes can actively facilitate the individual to adopt new, effective strategies for achieving much better performance on future academic occasions.

109. During a controversial psychological experiment, participants were instructed to administer electric shocks to a learner. The participants were much more willing to administer severe shocks when the learner was in a completely different room rather than sitting right next to them.

Explain how this physical separation promotes the specific type of social influence depicted in the scenario.

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which predictably leads to negative feelings like regret, envy, or intense disappointment regarding her current achievement.

2. Downward counterfactual thinking: This happens when the person strongly imagines worse outcomes than what actually occurred in reality. Rahul effectively exhibits this by thinking he could have failed entirely, which consequently allows him to experience highly positive feelings of immense relief and satisfaction.
3. Future performance impact: Engaging systematically in this thought process often helps individuals understand the precise reasons behind worse outcomes. This critical cognitive analysis can facilitate them to adopt newly improved strategies for achieving significantly better performance in future occasions.

114. During a job interview, the candidate performed exceptionally well and displayed numerous positive qualities. However, at one point, he momentarily stumbled and gave a slightly aggressive response. The interviewers vividly remembered only this aggressive reaction and ultimately rejected him.

(i) Identify the specific cognitive bias that heavily influenced the interviewers' final decision.

(ii) Explain how this tendency operates in social cognition and discuss its profound significance in initial social interactions.

Ans :

(i) The cognitive bias that strongly influenced the interviewers to focus solely on the candidate's aggressive response is automatic vigilance bias.

(ii) This powerful cognitive bias profoundly impacts how individuals perceive, attend to, and constantly remember information within their dynamic social environment:

1. Negative component focus: It is the automatic tendency of persons to pay attention to the negative component of a stimulus so much that it completely interferes with actively attending to other non-threatening or highly positive components of that exact same stimulus.
2. Threatening interpretations: When confronted with a situation, people rigorously attend to and remember all negative events associated with it. Even if the overall present situation is completely non-threatening, they inaccurately interpret it in a negative light and entirely overlook positive components.
3. Lasting impressions: Automatic vigilance perfectly explains why making a good first impression is absolutely essential. Because people are highly sensitive to negative information, any negative trigger during a first meeting creates a disproportionately strong, lasting impression that permanently overshadows positive traits.

115. In a college cultural festival, a group of ten students was assigned to pull a heavy decorative chariot. The coordinator noticed that the overall speed was quite slow because individual students were exerting significantly less physical effort than they usually did when moving heavy items alone.

(i) Identify the psychological phenomenon that accurately explains the reduced effort demonstrated by these students.

(ii) Discuss the underlying reasons for this phenomenon and suggest how the coordinator can successfully minimise its occurrence.

Ans :

(i) The psychological phenomenon accurately describing the tendency of people to put in less effort when acting as a part of a group is called social loafing.

(ii) Social loafing frequently occurs in collective group tasks and can be efficiently managed through specific strategic interventions implemented by group leaders:

1. Collective responsibility: Social psychologists state that loafing takes place because individuals predictably feel much less responsible individually. The whole task seamlessly becomes a collective responsibility where individual performance cannot be distinguished, meaning no one in particular can be openly praised or blamed.
2. Decreased motivation: When individual efforts will not be recognised, especially in non-competitive group performances that will not be compared to other groups, the motivation of members

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demonstrated by Amit, Priya, and Rohan is social influence.

(ii) Herbert Kelman identified three broad varieties of social influence which are clearly illustrated by the distinct behaviours of the students:

1. Compliance: This occurs when people appear to agree with others but actually keep their dissenting opinion secret. Amit demonstrates this specific variety by publicly agreeing with his peers merely to avoid arguments while privately opposing the controversial policy.
2. Identification: This happens when people are profoundly influenced by someone who is immensely liked and respected, such as a famous celebrity. Priya beautifully exhibits this variety by completely adopting the lifestyle and daily habits of the famous celebrity she deeply idolises.
3. Internalisation: This profound variety takes place when people fundamentally accept some beliefs and behaviours, agreeing with them both privately and publicly. Rohan flawlessly illustrates this by deeply accepting the new environmental philosophy in both his public actions and internal private thoughts.

112. An employee, Rajesh, sharply criticises his manager during a meeting. The HR director notices that no other employees criticise this manager, Rajesh frequently criticises this same manager across different meetings, and Rajesh also constantly criticises other senior leaders in the company.

Based on this situation, answer the following.

(i) Identify the predominant cause of the employee's behaviour according to the relevant theoretical framework.

(ii) Discuss the three types of information used to arrive at this conclusion based on the scenario.

Ans :

(i) According to Kelley's Theory of Attribution, the predominant reason for Rajesh's unusual behaviour is internal causes, given his specific pattern of reactions.

(ii) Harold Kelley identified three basic types of information heavily used to determine whether behaviour is governed by internal or external causes:

1. Consensus: This refers to the extent to which other people agree to the cause of the behaviour. In this scenario, consensus is very low because absolutely no other subordinates or employees are criticising the manager during the workplace meeting.
2. Consistency: This indicates the extent to which a person behaves similarly to a particular stimulus across time. Here, consistency is high because Rajesh frequently criticises this exact same manager during various different meetings and numerous separate professional occasions.
3. Distinctiveness: This relates to the extent to which a person behaves in the same manner to different stimuli. Distinctiveness is remarkably low because Rajesh also constantly criticises other senior leaders, showing his behaviour is not uniquely directed at one individual manager.

113. After securing the second position in a national spelling competition, Meera felt extremely upset, constantly imagining how she could have won the first prize if she had just spelled one specific word correctly. Conversely, her friend Rahul, who barely passed his exams, felt satisfied thinking he could have easily failed entirely.

(i) Name the cognitive process where individuals evaluate situations by thinking about perfect alternatives different from reality.

(ii) Explain the two variations of this cognitive process experienced by Meera and Rahul, and highlight their psychological effects.

Ans :

(i) The cognitive process where individuals judge any situation by thinking about perfect alternatives different from reality is called counterfactual thinking.

(ii) Counterfactual thinking generates both negative and positive emotional feelings depending on how the individual specifically imagines the altered past outcomes:

1. Upward counterfactual thinking: This deeply occurs when a person vividly imagines better outcomes than what actually happened. Meera demonstrates this by imagining winning first prize,

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rioting and various other aggressive or hostile physical acts.

3. Blurring group lines: Psychological experiments have clearly shown that these hostile categorisations can be resolved when resources need to be pooled in for mutual survival. In such unique cases, a recategorisation takes place where all groups work together, effectively blurring the dividing lines between the ingroup and outgroup.

118. A committee of local residents, who already held strict views against noise pollution, met to decide the penalty for a teenager playing loud music. After a brief discussion sharing similar arguments, they shockingly decided to banish the teenager from the neighbourhood entirely, an exceptionally harsh punishment.

(i) Name the psychological concept that accurately explains the committee's extreme decision-making process.

(ii) Discuss how this phenomenon occurs within like-minded groups and highlight its potential dangerous consequences.

Ans :

(i) The psychological concept that accurately explains why a group of like-minded people constantly takes an extreme position regarding an issue is group polarisation.

(ii) This extreme shift in collective decision-making occurs systematically when individuals interact directly within specifically cohesive and highly agreeable social circles:

1. Hearing newer arguments: Polarisation swiftly takes place as individuals in a like-minded group get to hear newer, persuasive arguments that strongly favour and reinforce their own initial viewpoint, thereby pushing their personal beliefs much further toward the absolute extreme edge of the spectrum.
2. Ingroup identification: Participants firmly perceive themselves as a distinct 'ingroup' and deeply identify with the other active group members. This powerful identification consistently results in them conforming strictly to what others say, ultimately giving rise to a highly extreme, unified stand on the specific viewpoint.
3. Dangerous consequences: Group polarisation can frequently have incredibly dangerous consequences. Driven by this artificially amplified consensus, the group may take very extreme positions heavily favouring the group members or enact shockingly harsh, unmitigated decisions and extreme punishments against members of an outgroup they deeply dislike.

119. When visiting a foreign country, Ananya noticed that almost everyone bowed slightly when meeting someone new. She also saw clear warning signs indicating that littering in public parks was strictly prohibited and would attract a heavy financial penalty.

(i) Identify the broad term used for these unwritten and formal rules of behaviour considered acceptable in society.

(ii) Explain the two specific types of these rules illustrated in Ananya's observations and their essential role in society.

Ans :

(i) The broad psychological term used for the fundamental rules of behaviour that are considered acceptable in a group or society is social norms.

(ii) Social norms heavily guide and direct human behaviour by setting clear, understandable expectations across various social situations and diverse cultural environments:

1. Descriptive norms: These are specific norms that simply indicate what the vast majority of people actually do in a given situation. Ananya observing that almost everyone bowed slightly when formally greeting each other serves as a clear, real-world example of a highly prominent descriptive norm.
2. Injunctive norms: These strict norms specify exactly what should be done, explicitly indicating approved or disapproved behaviour. The stark warning signs prohibiting littering and threatening a heavy financial penalty perfectly illustrate injunctive norms, which demand strict compliance to prevent deliberate harm to other innocent persons.
3. Provision of order: Together, these descriptive and injunctive norms clearly define appropriate behaviour for every

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drastically decreases. A severe lack of coordination among members also creates confusion and pronounces this loafing.

3. Minimisation strategies: The coordinator can successfully minimise social loafing by actively recognising and evaluating each individual's distinct effort. Additionally, making individuals feel that their specific bit of work is very important and building a highly motivated, cohesive group heavily decreases this negative tendency.

116. When Vikram secured a lucrative business deal, he proudly attributed his success to his outstanding negotiation skills, relentless dedication, and superior intellect. However, when he subsequently lost a major client, he instantly blamed the unpredictable market conditions and an unfair competitor.

(i) Name the specific attribution error that is clearly evident in Vikram's contrasting explanations.

(ii) Explain the nature of this attribution error and discuss the potential negative consequences it may generate in collaborative environments.

Ans :

(i) The specific attribution error clearly evident in Vikram's tendency to take credit for success and blame external factors for failure is self-serving bias.

(ii) This incredibly common bias heavily influences how people perceive their life events compared to the identical events of other surrounding individuals:

1. Dispositional versus external causes: This bias predominantly involves ascribing all personal successes to internal or dispositional causes (like dedication or intelligence) while firmly ascribing all failures to external causes. People continually tend to perceive their own failures as highly justified and easily excusable.
2. Protection of self-esteem: Social psychologists strongly suggest that this bias occurs mainly because humans generally expect to succeed in life. It primarily results from an individual's psychological need to protect and significantly enhance their self-esteem or their strong desire to look exceptionally good to others.
3. Interpersonal friction: In collaborative workplaces, this bias creates significant interpersonal friction. Persons working in collaboration often inaccurately perceive that they alone contributed most to the work, constantly viewing others' successes as merely stemming from external factors rather than genuine internal capability.

117. During the university sports week, the Blue House members strongly believed they were all highly talented, cooperative, and shared excellent traits. Conversely, they viewed the Red House members with extreme suspicion and hostility, frequently engaging in aggressive verbal clashes over shared practice grounds.

(i) Identify the specific theory and name the psychologist who proposed it to explain this intergroup dynamic.

(ii) Explain the perceptual differences members hold regarding their own group versus the competing group, and state a potential resolution.

Ans :

(i) This intense intergroup dynamic is comprehensively explained by the Social Identity theory, which was famously proposed by the social psychologist Henri Tajfel.

(ii) The powerful concepts of ingroup and outgroup strictly dictate how individuals perceive themselves and direct competitors when valuable resources are actively contested:

1. Favourable internal perception: Individuals intimately identify themselves with their ingroup, considering each other incredibly favourably. They view members as fundamentally similar to each other, sharing commendable traits they are immensely proud of, and feeling distinctly different from members of any competing external groups.
2. Unfavourable external perception: Outgroup members are continuously viewed highly unfavourably, creating a dangerously distinct feeling of 'us versus them'. This specific social categorisation directly results in severe intergroup rivalry, which can potentially escalate to

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members of the outgroup or against people they collectively dislike and strongly oppose.

101. During the school sports day, Neha runs her fastest 100-metre sprint when she is racing against three other highly competitive athletes. However, during the inter-house tug-of-war event, her physical education teacher notices that Neha is barely pulling the rope, assuming her teammates will handle the effort.

(i) Explain the phenomenon causing Neha's improved performance in the sprint.

(ii) Explain the phenomenon causing her reduced effort in the tug-of-war.

Ans :

(i) Neha's sprint performance shows social facilitation, where others' presence impacts execution.

1. Competitors' presence induces arousal, compelling individuals to try harder to receive praise. This happens due to evaluation apprehension, where people assume their actions are being judged, thus boosting effort in tasks where they possess high proficiency and confidence.
2. When others perform the same task simultaneously, it creates competitive co-action. For a skilled runner like Neha, this interactive environment and the presence of competing peers directly enhances her overall performance compared to when she is running alone.

(ii) Neha's reduced effort illustrates social loafing.

1. When people act within a group and their specific performance cannot be distinguished, they put in less effort. The activity becomes a collective responsibility, causing individuals to feel significantly less personally accountable for the final group outcome.
2. This drastically decreases member motivation as they realise individual efforts will not be uniquely recognised or praised. Such loafing is highly pronounced in collective tasks lacking individual evaluation, causing members to rely heavily on the hard work of others.

102. An experienced teacher is evaluating exam papers. She immediately doubts the high score of a student she considers weak and decides to thoroughly recheck his entire paper. Later that day, while meeting a new colleague, the colleague makes a minor rude remark initially but is polite afterwards. The teacher only remembers the rude remark and judges the colleague as arrogant.

(i) Explain the cognitive bias shown by the teacher while grading the exam paper.

(ii) Explain the cognitive bias shown by the teacher while forming an impression of her colleague.

Ans :

(i) The teacher demonstrates motivated skepticism while grading the unexpected exam score.

1. This bias represents a tendency to become doubtful and actively deny accepting unfavourable information that negates existing beliefs. It occurs when individuals are presented with contradictory evidence serving as concrete proof against their deeply established personal ideas.
2. Consequently, the person searches for information that aligns with their original idea. The teacher becomes highly skeptical of the excellent marks and thoroughly reviews the weak student's sheet to find errors matching her prior negative academic expectations.

(ii) The teacher demonstrates automatic vigilance bias when evaluating the new colleague.

1. This bias is the tendency of persons to automatically pay attention to the negative component of a stimulus, which severely interferes with attending to other non-threatening or positive components occurring simultaneously within the very same social situation.
2. Humans remain highly sensitive to negative information during initial interactions. Any negative trigger during a first meeting creates such a lasting impression that the individual entirely overlooks the subsequent polite behaviour and inherent positive qualities of the person.

103. Prakash starts wearing branded clothes solely because his college friends wear them, hoping to fit into their social circle. Conversely, his brother Amit wears a formal uniform to his corporate

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social group. They importantly provide essential order in the society, acting as a highly powerful means to successfully predict, thoroughly manage, and intricately understand the diverse behavioural patterns of other interacting individuals.

120. A staunch supporter of a particular diet plan comes across a rigorously conducted scientific study proving that the diet causes severe nutritional deficiencies. Instead of accepting the findings, the supporter immediately questions the researchers' credentials and dismisses the study as fundamentally flawed.

(i) Identify the specific cognitive bias demonstrated by the supporter in aggressively rejecting the scientific study.

(ii) Explain the psychological mechanism behind this bias and how individuals typically react when confronted with such uncomfortable situations.

Ans :

(i) The specific tendency of a person to become intensely doubtful and completely deny accepting unfavourable information negating his beliefs is known as motivated skepticism.

(ii) This powerful cognitive bias heavily distorts an individual's objective reasoning whenever they process factual information that severely challenges their firmly established worldview:

1. Contradictory information trigger: It generally occurs when a person is unexpectedly presented with highly contradictory or completely opposite information which serves as absolute proof against their deeply held ideas or beliefs, heavily threatening their internal cognitive consistency and overall psychological comfort.
2. Denial and doubt: Instead of rationally evaluating the newly presented evidence, the individual automatically becomes highly doubtful. They actively deny accepting the unfavourable information, aggressively critiquing the source to mentally invalidate the concrete proof that fundamentally contradicts their firmly established, long-standing ideological framework.
3. Searching for favourable data: Consequently, the defensive person immediately starts searching for more favourable information that perfectly aligns with their original idea. They selectively gather subjective data that supports their beliefs, thereby comfortably maintaining their viewpoint despite possessing clear, objective scientific evidence to the exact contrary.

121. Neha frequently attends meetings of a local political party she recently joined to support environmental causes. However, her core values and deepest emotional bonds remain profoundly tied to her immediate family, who shaped her ideals since childhood.

(i) Identify and explain the specific type of group represented by Neha's family.

(ii) Identify and explain the specific type of group represented by the political party.

Ans :

(i) Neha's immediate family represents a primary group, which profoundly shapes an individual's early socio-emotional development and foundational beliefs:

1. Formative influence: Primary groups are foundational groups an individual is born in without conscious choice. They have an immense, lasting influence on the individual, especially in the early formative stage of life, permanently shaping core values, deeply held ideals, and lifelong personal attitudes.
2. Emotional proximity: The members of this specific group have close physical proximity and often share incredibly close, enduring emotional bonds. Family, caste, and religious groups perfectly exemplify these deeply connected and highly influential primary social structures that define early existence.

(ii) The political party Neha joined formally represents a secondary group, which serves fundamentally different social functions and interaction patterns:

1. Voluntary membership: A secondary group is one which the individual deliberately chooses to join and may even frequently leave by choice based on personal interests or specific professional goals, unlike the permanent involuntary membership highly characteristic of foundational primary groups.

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neighbourhood watch committee to patrol their streets every night, they transform into a true social group.
Based on social psychology, explain any four fundamental features that distinguish a true group from a mere crowd.

Ans :

A deeply integrated, true psychological group is profoundly distinguished from a mere, highly random crowd by several specific structural and vital functional features:

1. Unique social identity: A functional group is a distinct, cohesive social unit of two or more members who consciously and actively perceive themselves to be together. They genuinely feel fundamentally different and clearly distinguished from other outside groups, successfully giving them a highly unique, shared identity.
2. Interdependence of members: Unlike a highly disconnected, totally random crowd, the dedicated members of a true group are incredibly interdependent on each other. The specific, individual action or daily performance of one single member inherently carries incredibly direct, impactful consequences for the other connected members.
3. Common goals and needs: The active members of the true group invariably share highly common goals and are powerfully driven by a shared common need. They actively understand that this vital collective need can only be satisfactorily fulfilled by closely, cooperatively working together towards their ultimate objective.
4. Adherence to norms: Dedicated group members usually interact by strictly following a predefined, highly structured set of unwritten norms and designated, clear roles that are heavily adhered to by all. A mere crowd merely occupies a physical place at a given point of time entirely by sheer chance.

131. Rahul topped his mathematics examination and confidently credited his own intelligence and hard work for the achievement. However, when he failed his physics test a week later, he immediately blamed the unfair teacher and the tricky question paper, refusing to acknowledge his lack of preparation.
(i) Identify the specific attribution bias exhibited by Rahul.
(ii) Explain three other biases in attribution that often affect social judgments.

Ans :

(i) The behavior exhibited by Rahul is an example of the self-serving bias in attribution.
(ii) People commit various cognitive errors while ascribing reasons behind behaviors. Three other biases are:
   1. False consensus bias: This is a person's tendency to overestimate the extent to which other people will agree with their opinions, beliefs, and behaviors. The individual erroneously misinterprets that their personal opinions are completely normal and that the vast majority of people share these exact same perspectives.
   2. Person positivity bias: This involves evaluating an individual much more positively than the specific groups to which they belong. For instance, citizens may hold a particular political institution in very low regard but still maintain extremely positive impressions of the individual politicians who actually constitute those institutions.
   3. Motivational biases: This occurs when an individual's biased social judgments are fundamentally guided by their own personal motivations to arrive at a particular conclusion. For example, a person might unfairly criticize a perfectly cooked dish as tasteless simply because they were strongly motivated to avoid eating it.

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132. A new neighborhood forms a disaster response team after a severe flood devastates the area. The residents, who previously did not interact at all, now meet regularly to coordinate safety measures and successfully build a localized emergency communication network.
(i) Identify the condition that facilitated the formation of this group.
(ii) Describe three central features that differentiate a group from a mere crowd.

Ans :

(i) The condition that facilitated the formation of the disaster response team is having a common motive and goal.

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and completely confident in the specific task, like the expert typist, social facilitation effortlessly helps them perform significantly better than they would when acting completely alone without any surrounding observers.

2. Performance deterioration: Conversely, if the individual is truly not good at the task or severely lacks self-confidence, crippling evaluation apprehension makes them extremely nervous. This directly results in massive underperformance, causing the struggling beginner to perform noticeably worse than they would practice individually.

124. In a historically controversial experiment, participants were more willing to administer severe punishments when the victim was completely hidden in another room. The participants reported that they simply felt like instruments carrying out orders and did not feel personally liable.

(i) Discuss how physical separation from the victim heavily facilitated the participants' highly obedient behaviour.

(ii) Explain the cognitive defense mechanism participants actively used to seamlessly justify their violent actions.

Ans :

(i) Physical separation from the suffering victim facilitated highly obedient behaviour by drastically reducing the action's overall emotional impact:

1. Lack of empathy: When the victim is physically placed far away from the individual, such as safely located in another secluded room, the obedient participant does not actively perceive them as a genuinely suffering, tangible physical person.
2. Diminished compassion: Consequently, the detached individual does not feel much genuine empathy or human compassion towards the victim. This powerful emotional distancing makes it significantly easier to continue blindly obeying the painful command and relentlessly continue to actively hurt the innocent individual.

(ii) The participants seamlessly justified their violent actions by adopting a powerful cognitive defense heavily based on a complete lack of responsibility:

1. Instrument mentality: Persons frequently feel a complete, total lack of personal responsibility for their brutal actions while blindly obeying given orders. They defensively view themselves merely as mechanical, thoughtless instruments tasked purely for effectively carrying out the authority's specific commands.
2. Shifting accountability: Readily adopting the strict mindset of "I am only following the order" acts as an incredibly powerful psychological defence. This allows every participating person to execute violent actions without ever feeling accountable, actively shifting all moral blame entirely to the distant authority figure.

125. A university randomly selected five students to organize a massive charity concert. Initially, they were polite but unsure of how to proceed. Soon, severe arguments erupted over who would manage the budget. Eventually, they resolved their differences, established clear rules, and successfully executed the event before parting ways.

Describe the first four sequential stages of group development that these students experienced during their project.

Ans :

The selected students progressively experienced the standard sequential stages of group formation as they actively worked towards their shared common goal:

1. Forming stage: At first, when the diverse people successfully meet together, there are strong apprehensions about exactly how they will function. They actively experience genuine excitement about how the whole thing would work out while cautiously trying to deeply understand the ideas and varying interests of other unfamiliar people.
2. Storming stage: During the initial working, intense conflict frequently arises among group members about who would proudly lead the group, actively control vital resources, or decisively choose the operational path. This tumultuous stage powerfully separates dissidents, leaving behind the like-minded individuals who willingly agree with the united majority.

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2. Impersonal interaction: The overarching relationship and social interaction with other secondary group members are noticeably indirect, highly impersonal, and quite infrequent compared to primary groups. Membership in a political party seamlessly illustrates this structured, goal-oriented, and emotionally detached social relationship.

122. A corporate trainer noticed that employees were much more likely to adopt a new, unpopular dress code when they were placed in very large departments, and especially when their department members shared intense personal friendships and mutual admiration.

(i) Explain how the physical scale of the department directly influenced the employees' conforming behaviour.

(ii) Explain how the intense personal friendships among the employees strongly impacted their decision to adopt the dress code.

Ans :

(i) The physical scale of the department directly influenced the employees' daily behaviour through the crucial factor of the size of the group:

1. Increased pressure: As the structural size of a specific group becomes progressively larger, it inherently creates a much greater, unavoidable psychological pressure on the individual group members to smoothly align with the established majority.
2. Higher conformity: Due to this constantly escalating pressure from numerous surrounding peers, the individual's natural tendency to display conformity increases significantly, making them incredibly more likely to actively adopt even unpopular rules to assimilate effortlessly with the larger surrounding crowd.

(ii) The intense personal friendships impacted their unified decision significantly through the powerful factor of high group cohesiveness:

1. Intense social ties: High group cohesiveness clearly indicates that mutual liking and profound admiration among the group members are quite incredibly strong. They consistently share intense emotional ties and deeply value their highly interconnected, supportive relationships within the challenging workplace environment.
2. Yielding to norms: Because group members strongly desire to protect and maintain these immensely positive relationships and unified group solidarity, high cohesiveness consistently yields a much higher level of strict conformity compared to isolated groups with remarkably low cohesiveness and weak interpersonal connections.

123. During a typing speed test, an expert typist performed remarkably faster when surrounded by other candidates taking the same test. However, a beginner who was unconfident became extremely nervous and typed much slower than she did while practicing alone at home.

(i) Explain the psychological assumption that effectively caused both candidates to significantly change their performance in the presence of others.

(ii) Differentiate between the specific competitive outcomes experienced by the expert typist and the beginner in this shared setting.

Ans :

(i) The noticeable change in performance is heavily driven by a specific psychological assumption known as evaluation apprehension:

1. Induced arousal: The physical presence of other surrounding people naturally induces a psychological arousal in individuals. This happens primarily because the individual firmly assumes that their specific actions or overall performance will be critically judged by the surrounding competitive observers.
2. Anticipation of feedback: Anxious individuals try much harder to perform well because they inherently anticipate that a genuinely good performance will be openly praised, while a demonstrably bad performance will be critically evaluated and harshly criticised by the deeply observant surrounding audience.

(ii) The specific performance outcomes vary drastically based exclusively on the individual's actual proficiency in the highly competitive co-action setting:

1. Performance enhancement: If the competing individual is highly proficient

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disobedience to an official authority figure incredibly often results in severe punitive consequences, formal state punishments, or other highly negative, officially sanctioned disciplinary actions.

128. A transfer student instantly starts wearing the same brand of sneakers as his new classmates to avoid being teased. He also carefully watches how they behave in the chemistry lab and copies their procedures, believing they know the correct way to handle the dangerous chemicals.
Discuss any four reasons why individuals typically conform to social norms in such group settings.

Ans :

Individuals seamlessly conform to existing social norms in complex group settings for several incredibly compelling psychological and highly practical social reasons:

1. Normative influence: Anxious people conform to common social norms primarily because of their intense, overwhelming desire to be deeply liked and widely accepted by others. They acutely realise that stubborn non-conformity may quickly lead to harsh, painful criticism and immediate social rejection by their peers.
2. Informational influence: Fearful people quickly conform because of a remarkably strong desire to be absolutely correct. In highly uncertain situations, like carefully handling extremely dangerous chemicals, individuals closely copy group behaviour because they genuinely believe the majority's actions are completely accurate and fully well-informed.
3. Developing we-feeling: Conforming constantly to established social norms, cultural customs, and group activities gradually becomes a highly habitual, comfortable act that successfully develops a strong 'we-feeling'. This deep, reassuring sense of belongingness to the particular group ultimately leads to incredibly high group cohesiveness.
4. Conflict-free environment: By strictly conforming to heavily established social norms, an individual's daily behaviour successfully becomes highly systematic and remarkably orderly. This strict adherence directly results in widespread acceptance and genuine liking by others, assuring the person of safety and vital cooperation during any crisis.

129. To investigate how social pressure modifies individual beliefs, a famous psychologist placed a real participant in a room with seven actors. They were asked to match the length of a standard line with three comparison lines.
Describe the experimental setup, the actions of the actors, and the final results that demonstrated the power of majority influence.

Ans :

Solomon Asch's landmark psychological experiment brilliantly demonstrated the massive, overwhelming impact of majority influence through a specifically designed, highly deceptive visual task:

1. Experimental setup: Asch intelligently used a highly simple line judgement task directly involving a plain white card with a single standard line and another comparison card with three lines of differing lengths. The tested participant essentially had to audibly match the visibly equal lines.
2. Use of confederates: Asch secretly instructed seven distinct confederates (actors skillfully pretending to be regular participants) to deliberately give completely wrong responses. The lone real participant, strategically seated at the extreme end of the row, always answered last after actively hearing these intentionally incorrect answers.
3. Creating social pressure: The trained confederates confidently identified a completely separate, blatantly incorrect line as perfectly matching with the given standard line. This highly orchestrated deception created immense, overwhelming psychological pressure on the real participant to desperately conform to the unanimous, albeit totally flawed, majority view.
4. Striking results: About 75% of the real, tested participants eventually completely went along and fully conformed with the totally incorrect majority view. This startling outcome heavily revealed that individuals quickly yield to group pressure primarily due to the intense, crippling fear of being publicly ridiculed and socially isolated.

130. A random crowd of people waiting at a bus stop does not constitute a psychological group. However, when those same people form a

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3. Norming stage: After peacefully resolving their major internal conflicts, the cohesive group actively develops certain specific norms of group behaviour. These newly established, essential rules and highly efficient operational work methods are widely accepted and strictly abided by all the remaining, highly dedicated group members.
4. Performing stage: The fully united group is finally ready to actively work towards its primary goal through the formally accepted hierarchy of leadership and firmly established group norms. They focus entirely on efficient task execution and relentlessly continue to successfully fulfil their intended charitable motive.

126. During a controversial corporate restructuring, a well-respected CEO wearing an official executive badge asked managers to implement a minor pay cut. Gradually, he escalated his demands, consistently ordering them to fire entire departments, and the managers shockingly complied without resistance.
Explain any four psychological factors related to the authority figure and the command structure that compelled the managers to obey these extreme orders.

Ans :

Several powerful psychological factors heavily related to the authority figure and the specific command structure successfully promoted this shocking, extreme obedience:

1. Foot in the Door Technique: In many situations, the designated authority figure starts smoothly with initial commands requiring relatively mild actions, like implementing a minor pay cut. Gradually, they dangerously escalate the level of strict orders, and the persons initially obeying sadly fail to actively refuse later.
2. Signs of position: Persons formally placed in authority frequently possess highly visible indicators of their esteemed positions, such as special titles, distinct uniforms, or official executive badges. These prominent, respected indicators force people to strictly adhere to the common social norm to 'obey the seniors'.
3. Legitimacy of authority figure: An established authority figure who is an integral, vital part of a highly respected institution or holds a legitimately esteemed position, like a well-respected corporate CEO, is trusted blindly and naturally obeyed much more often by easily intimidated surrounding subordinates.
4. Consistency of the command: When the specific, direct order given to immediately do something is highly consistent over time and across various situations, deeply pressured individuals are significantly more likely to obey it automatically compared to when they confusingly receive highly contradictory or visibly inconsistent commands.

127. While both conformity and obedience represent powerful forms of social influence that shape human behaviour, they operate through fundamentally different psychological mechanisms, sources of pressure, and societal consequences.
Discuss any four major differences between these two types of social influence.

Ans :

Conformity and obedience exhibit several fundamental differences in exactly how they powerfully influence individual human behaviour within a structured society:

1. Source of pressure: Conformity naturally occurs fundamentally due to a highly subtle, unspoken group pressure where one yields to the surrounding crowd. In stark contrast, absolute obedience occurs strictly due to direct, unavoidable submission to explicit verbal or written orders forcibly given by a designated authority figure.
2. Nature of the act: Conformity is essentially considered a purely voluntary act of actively following the unwritten norms, widespread beliefs, and shared lifestyles of a certain group. Conversely, obedience is much more of a strict, compulsory act required to blindly follow highly direct instructions from authority.
3. Internal belief change: Due to immense conformity, a pressured person generally successfully changes his internal beliefs, private attitudes, and previously held opinions to perfectly match the group. On the other hand, in forced obedience, a person typically does not truly change his or her own personal beliefs.
4. Consequences of defiance: Simple non-conformity usually results only in mild social rejection, informal criticism, or sad isolation from former peers. However, blatant

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(ii) A group is distinguished from a mere crowd through several specific characteristics. Three central features are:
1. Perceived unity and identity: A group is a distinct social unit consisting of two or more members who firmly perceive themselves to be together. They feel uniquely different and clearly distinguished from other such social groups, which ultimately gives them a very powerful shared common identity.
2. Interdependence among members: The individuals within the organized group are highly interdependent on each other for their daily functioning. This essentially means that any specific action taken by one individual member will inevitably have direct and meaningful consequences for all the other members involved.
3. Common needs and norms: The members consistently share a common need that is successfully satisfied by actively working together. Furthermore, they usually interact with one another by strictly following a predefined set of unwritten norms and designated roles that are faithfully adhered to by everyone.

133. During a college cultural festival, a large committee was formed to decorate the main auditorium. While a few students worked tirelessly to hang banners, Sameer contributed very little, assuming that the others would finish the job and his individual lack of effort would easily go unnoticed.
(i) Identify the social phenomenon demonstrated by Sameer.
(ii) Discuss three distinct ways the presence of a group affects an individual's behavior.

Ans :

(i) The phenomenon demonstrated by Sameer in the committee is known as social loafing.
(ii) The presence of a group significantly influences an individual's outward behavior in various situations. Three such effects are:
1. Social facilitation: The mere presence of other people induces a psychological arousal that strongly encourages enhanced performance on familiar tasks. The individual assumes their actions will be critically judged, leading to significantly better results when highly confident, or nervous underperformance when lacking the required necessary skills.
2. Social loafing: When an individual acts as part of a collective group where their specific personal performance cannot be distinguished, they demonstrably tend to put in considerably less effort than they ordinarily would if they were completing the same required task completely independently or completely alone.
3. Group polarisation: When individuals join groups of like-minded people to make vital decisions, they consistently tend to adopt extreme positions. Hearing newer arguments favoring their viewpoint and identifying deeply with the ingroup causes them to conform heavily, leading to highly extreme or unusually harsh collective final decisions.

134. Anita joins a new corporate office where everyone wears formal business attire, even on casual Fridays. Despite preferring comfortable casual clothes, she immediately starts wearing formal suits every day to avoid standing out or being criticized by her new colleagues.
(i) Identify the type of social influence exhibited by Anita.
(ii) Explain three psychological reasons why people engage in this type of behavior.

Ans :

(i) The type of social influence exhibited by Anita is conformity.
(ii) Individuals frequently alter their behaviors to adhere to existing social norms. Three primary reasons for this are:
1. Normative influence: People conform primarily because of their fundamental inner desire to be liked and unconditionally accepted by others. They acutely realize that non-conformity might easily lead to harsh criticism and social rejection, so they yield instantly to get approved and appreciated by their surrounding peers.
2. Informational influence: In complex situations where individuals are highly uncertain about what the exactly correct behavior is, they conform due to a desperate desire to be right.

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4. Fast pacing orders: In chaotic situations involving a remarkably rapid series of fast-pacing orders, people have essentially very little available time for critical thinking or independent judging. Consequently, overwhelmed individuals become mentally paralyzed and follow the destructive authoritative commands almost automatically without hesitation.

139. Both conformity and obedience involve changing one's behavior due to external social pressure. However, the nature, source, and ultimate consequences of these two social influences differ significantly.
Differentiate between conformity and obedience by explaining four key distinctions.

Ans :

While both represent powerful forms of social influence, conformity and obedience have distinct operational mechanisms. Four major differences are:

1. Source of pressure: Conformity essentially occurs fundamentally due to a highly subtle, often entirely unspoken group pressure originating from peers. In direct contrast, obedience invariably occurs as a direct conscious submission to explicit verbal orders formally given by a recognized authoritative figure.
2. Nature of action: Conformity is universally considered a highly voluntary social act where individuals willingly adopt the normative beliefs of a surrounding crowd. Obedience, however, is significantly more of a compulsory mandatory act requiring strict adherence to direct authoritative commands given from superiors.
3. Internal belief change: Due to the powerful process of conformity, a person generally genuinely alters their own private beliefs, personal attitudes, and opinions. On the other hand, in obedience, the individual usually strictly complies outwardly but completely maintains their own original underlying personal beliefs.
4. Potential consequences: Active non-conformity typically results in painful social rejection or harsh isolation from the specific peer group. Conversely, active disobedience heavily and frequently results in severe physical punishment, highly punitive consequences, or strict disciplinary actions ruthlessly enforced by the controlling authoritative community.

140. A researcher wishes to replicate Solomon Asch's famous 1951 line judgment experiment in a modern corporate setting to observe how employees yield to majority pressure regarding business decisions.
Discuss four specific factors that could actively increase the level of conformity among the employees in this setting.

Ans :

Several specific social and environmental factors can significantly increase conformity behavior in such a setting. Four such factors are:

1. Size of the group: As the physical size of the majority group becomes progressively larger, it actively creates substantially more immense psychological pressure on the individual group members, directly causing the overall measurable rate of individual social conformity to increase quite dramatically.
2. Group cohesiveness: A profoundly high level of internal group cohesiveness actively yields much higher collective conformity. When members deeply share intense emotional ties, mutual liking, and immense admiration for each other, they are far more genuinely likely to completely yield to the majority opinion.
3. Open environment: Outward conformity is heavily pronounced in a completely open transparent environment where individuals must openly and publicly share their highly personal views in front of others, strongly contrasted to private situations where they can safely express their own dissenting opinions entirely secretly.
4. Group status: A respected person who actively experiences and highly enjoys a much higher elevated status in the group generally shows demonstrably higher conformity. They are universally considered ideal role models and are heavily expected to conform strictly to beautifully set proper social examples.

141. Read the conversation below and answer the questions that follow:
Arjun (Employee): "I cannot stop thinking about our presentation to the client yesterday. If I had just used the alternative data set, they

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internal psychological causes or internal personality traits.

2. Practical conclusion: Therefore, Rohan's constantly critical behavior is primarily driven by his own negative personal qualities, inherent internal motives, or individual emotional dispositions, rather than being caused by external situational pressures or any actual lack of professional competence in his organizational manager.

137. Priya was born into a large traditional family where she shares deep emotional bonds and extreme physical proximity with her relatives. Later in life, she joins a registered political party to support environmental causes, where members follow a strict rulebook, have designated leadership roles, and interact formally.
Based on the characteristics of these collections of people, answer the following:
(i) Differentiate between the two types of groups Priya is a part of, based on her choice and interaction level.
(ii) Differentiate between the two types of groups based on their rules and structural execution.

Ans :

(i) Priya's involvement in these groups highlights the difference between primary and secondary groups:
1. Primary group: Her traditional family vividly represents a primary group, which she did not purposefully choose to join. The members share extremely close physical proximity and highly intimate emotional bonds, which deeply and permanently influence her early formative personal values and attitudes.
2. Secondary group: The political party functions as a distinct secondary group she actively chose to join. Member interactions here are generally indirect, highly impersonal, and quite infrequent when directly compared to her close family, ultimately serving a much broader ideological purpose.

(ii) The structure of these groups highlights the difference between informal and formal classifications:
1. Informal group: Her immediate family practically functions as an informal group because it inherently lacks any rigidly specified documented rules. The closely knit members simply share highly intimate relationships naturally without holding any designated professional positions or strictly enforced formal operating norms.
2. Formal group: The political party actively operates as a strict formal group where member functions are clearly specified based on established regulations. Each participating member logically occupies a designated hierarchical position and strictly follows accepted group norms for highly orderly continuous functioning.

138. History has shown that perfectly ordinary citizens can sometimes be instructed to carry out harmful actions against others by a powerful leader or authority figure, as dramatically illustrated in Stanley Milgram's experiments.
Using relevant psychological principles from the chapter, discuss four factors that make people obey authority figures even when the orders are deeply destructive.

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Ans :

Obedience to authority can lead to destructive actions due to several strong psychological factors. Four major reasons include:
1. Lack of responsibility: Persons frequently feel a complete lack of responsibility for their aggressive actions while strictly obeying orders. They view themselves merely as instrumental tools carrying out instructions, actively using following the order as an absolute defense mechanism for violent actions.
2. Signs of position: Persons in authority frequently possess clear visible signs of their elevated positions, such as special uniforms or specific titles. These powerful authoritative indicators mentally compel individuals to automatically adhere to the established social norm of unquestioningly obeying their recognized seniors.
3. Emotional distancing: When the helpless victim is physically separated from the acting individual, it significantly reduces the overall emotional impact. The participant literally does not feel much genuine empathy or compassion, making it considerably easier to ruthlessly obey cruel commands without deep guilt.

They closely observe group behavior, genuinely thinking it must logically be the most accurate response available in that scenario.

3. Achieving conflict-free environments: Conforming to existing social norms gradually becomes a comforting habitual act that makes a person's overall behavior incredibly systematic and orderly. This strict adherence ultimately leads to a completely conflict-free environment for oneself, fully ensuring necessary personal safety and getting essential cooperation during crises.

135. A college debate team is newly formed for a national competition. Initially, the members are polite but highly cautious. A week later, intense arguments erupt over who will act as the team captain, control the research resources, and determine the primary debating strategy.

(i) Identify the current stage of group formation the debate team is experiencing.

(ii) Describe the next three sequential stages this team must go through to complete their journey.

Ans :

(i) The debate team is currently experiencing the 'storming' stage of group formation.

(ii) Following the initial conflicts, the group must progress through subsequent phases. The next three stages are:

1. Norming stage: In this critical phase, the group effectively resolves its initial internal conflicts and systematically develops certain acceptable norms of group behavior. These newly established rules and expectations are widely accepted and strictly abided by all group members, establishing essential harmony and long-term structural stability.
2. Performing stage: The group is now fully prepared to work aggressively towards its primary goal through the accepted organizational hierarchy of leadership. Utilizing the firmly established methods of work and collective group norms, the members continuously perform at high levels to successfully fulfill their underlying motive.
3. Adjourning stage: In certain specific cases, such as temporary task forces or groups specifically formed to host a fleeting school event, the group might be officially disbanded after the task is accomplished. This final disbanding process signifies the ultimate conclusion or the formal adjourning stage of groups.

136. During weekly office meetings, Rohan frequently criticizes his manager's ideas very harshly. Interestingly, none of the other employees ever criticize the manager. Furthermore, Rohan is known to heavily criticize other senior colleagues as well, and he does this consistently in almost every single meeting.

Based on Harold Kelley's theory of attribution, answer the following:

(i) Analyze the levels of consensus and distinctiveness in Rohan's behavior.

(ii) Explain the final attribution for Rohan's behavior based on these informational cues.

Ans :

(i) According to Harold Kelley's theory of attribution, Rohan's behavior displays the following informational cues:

1. Low consensus: This informational dimension refers to the specific extent other people agree with the displayed behavior. Since absolutely none of the other employees ever criticize the manager, Rohan's highly aggressive behavior exhibits a distinctly very low level of social consensus.
2. Low distinctiveness: This dimension describes reacting similarly to completely different external stimuli. Because Rohan consistently and heavily criticizes other senior colleagues as well, his critical behavior demonstrates extremely low distinctiveness across entirely different professional situations and diverse interpersonal workplace encounters.

(ii) Combining these specific behavioral cues leads to a definitive conclusion regarding attribution:

1. Internal attribution: According to Kelley, when an individual's distinct behavior pattern consistently shows highly elevated consistency, exceptionally low consensus, and remarkably low distinctiveness, the predominant underlying reasons are firmly attributed to the person's own

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would have surely signed the deal."
Neha (Manager): "We did our absolute best with the information we had at that moment."
Arjun: "But imagine if I had presented the quarterly projections first! We would be celebrating a massive success right now."
Neha: "You are being too hard on yourself. The past cannot be changed."
Arjun: "I know, but this perfect alternative keeps playing in my head, making me feel so regretful."
(i) Identify the specific type of thinking demonstrated by Arjun.
(ii) Based on the chapter, explain the nature of this thinking and its effects.

Ans :

(i) Arjun is demonstrating a specific cognitive process known as upward counterfactual thinking in this situation.
(ii) The nature and effects of this cognitive process can be explained through the following points:
1. Counterfactual thinking is so named because it involves thoughts that are entirely 'counter to the facts' or different from reality. It is the tendency to judge any situation in life by constantly thinking about a perfect alternative to it, reflecting a 'what might have been' thought process.
2. When a person imagines better outcomes than what has actually occurred, it is termed upward counterfactual thinking. This specific mental comparison predictably generates negative feelings in the individual, such as regret, envy, and deep dissatisfaction with their current reality.
3. Despite the negative feelings generated, counterfactual thinking can be quite useful because it helps the person to understand the reasons behind the worse outcomes. This deeper understanding facilitates the individual to adopt new, improved strategies for better performance in the future.

142. Read the conversation below and answer the questions that follow:
Rahul (Student): "Have you noticed that Vikram is hardly doing any research for our group presentation?"
Aman (Student): "Yes, he just sits there while the rest of us compile all the data and make the presentation slides."
Rahul: "When we had individual assignments last month, he worked so hard and submitted his work way before the deadline."
Aman: "I guess because the teacher is grading the group as a whole, he feels his lack of effort will not be easily identified."
Rahul: "It is so frustrating because our collective motivation is dropping, and the work isn't competitive anymore."
(i) Identify the phenomenon influencing Vikram's behaviour in the group.
(ii) Discuss three reasons why this phenomenon occurs as per social psychologists.

Ans :

(i) The phenomenon influencing Vikram's reduced effort in the group setting is known as social loafing.
(ii) Social psychologists suggest that this specific group phenomenon takes place due to the following reasons:
1. When an individual acts as a part of a group where their personal performance will not be distinguished, they tend to put in significantly less effort than they would individually, simply because the person feels less responsible individually for the outcome.
2. The entire task becomes a collective responsibility with no single person to be praised or blamed. This drastically decreases the motivation of the members, as they realise that their individual hard work and sincere efforts will not be explicitly recognised.
3. This phenomenon is particularly evident in non-competitive performances that will not be compared to any other group. Furthermore, when individuals are not part of a highly motivated cohesive group, or when coordination is lacking, the tendency of social loafing becomes much more pronounced.

143. Read the conversation below and answer the questions that follow:
Mother: "Riya, I saw your report card today. You scored the highest in your Mathematics exam!"
Riya: "Of course, Ma! I am extremely smart, and my sheer dedication and daily hard work paid off perfectly."
Mother: "But what happened in your History

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to behaviours, which include the following biases:

1. The person positivity bias is the tendency of a person to evaluate an individual more positively than the groups to which he or she belongs. This sheds light on how people hold positive impressions of individuals despite having negative impressions of their group.
2. The false consensus bias is generally a person's tendency to overestimate the extent to which other people will agree to his opinions, beliefs, and behaviours. This leads the person to misinterpret that the majority of people share their exact same opinions in reality.
3. Motivational biases occur when biased social judgements happen because individuals are motivated to arrive at a particular conclusion. A person creates a bias in his attribution guided by his motivations, such as blaming a cook for a dish they inherently want to avoid.
4. The fundamental attribution bias is the widespread tendency to explain other people's behaviours as resulting entirely due to their personality traits or internal causes, despite the clear presence of situational or external causes that might have heavily influenced that specific behaviour.
5. The actor-observer effect is the common tendency of individuals to ascribe their own personal behaviour mainly to external or situational causes, while simultaneously attributing other people's identical behaviours mainly to their internal causes, such as their enduring personality traits and characteristics.

158. Examine the following interaction and answer the questions:

Karan: "Ever since we started sitting next to each other in the library, we realised how much we both love robotics. Now we have started an official club."

Priya: "Yes, and we all work together smoothly now. We have set rules, assign specific duties, and everyone knows exactly what they need to achieve for the upcoming science fair."

(i) Based on the conversation, explain the three conditions that facilitate the formation of groups like Karan and Priya's club.

(ii) Describe four features that characterise the club as a 'group' rather than a mere crowd.

Ans :

(i) The interaction highlights the conditions required to facilitate group formation, which are as follows:

1. Physical proximity facilitates the formation of a group by being physically near to someone. Repeated exposure to each other and interaction results in the formation of groups, as individuals with similar backgrounds and attitudes develop cohesiveness through close and regular physical presence.
2. Similarity validates an individual's beliefs, opinions, and attitudes when they meet someone who shares similar views or interests. This feeling of consistency makes the individual feel good, resulting in the formation of cohesive, unanimous groups where their shared ideas are actively strengthened.
3. Motive and goal bring people together when they want to do the same things and achieve the same objectives. A shared ideology and common interest play a highly important role in initially bringing the group members together and effectively maintaining their unified effort.

(ii) A group is distinguished from a mere crowd by specific features, which include the following characteristics:

1. A group is a distinct social unit consisting of two or more members who perceive themselves to be together. They feel different and distinguished from other such groups, which ultimately gives them a uniquely shared identity that a random crowd completely lacks.
2. The members of the group always have common goals that they strive to achieve. Unlike a crowd present entirely by chance, group members consciously align their efforts and work cooperatively toward fulfilling a shared objective that benefits the entire collective social unit.
3. The members of the group are interdependent on each other in their daily functioning. In this interconnected social structure, the specific action of one individual member inherently has

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interests."
Priya: "Yes! But that politeness faded fast. The very next week, we had that massive argument over who would be the lead singer and control the song choices."
Karan: "True, some people even quit then. But after that, we finally sat down, agreed on a proper hierarchy, and established clear rules for our practice sessions."
Priya: "And look at us now. We are fully focused, working seamlessly towards winning the upcoming inter-college music festival."
Karan: "Absolutely, we are completely driven to finally fulfil our motive."
Describe the first four stages of group formation that this peer group has navigated through.

Ans :

The dialogue illustrates the first four sequential stages of group formation, which can be described as follows:

1. Forming stage: When people first meet, there are apprehensions about how the group will function and excitement about the others' ideas. Karan recalls their initial polite meeting where they were carefully figuring out each other's musical interests and potential.
2. Storming stage: This stage involves conflict among members regarding who would lead the group, control resources, and choose the path for achieving goals. Priya highlights their massive argument over leadership and control, which caused some dissenting members to leave.
3. Norming stage: After overcoming conflicts, the group develops specific norms of group behaviour that are accepted and abided by all members. Karan mentions how they eventually established a proper hierarchy and clear rules for their musical practice sessions.
4. Performing stage: In this phase, the group is finally ready to work towards its goals through the accepted hierarchy and established norms. Priya and Karan describe their current state of working seamlessly and focusing entirely on fulfilling their motive.

146. "Of all the words of mice and men, the saddest are, 'It might have been'." — John Greenleaf Whittier
After failing to secure a promotion, Rohan constantly imagines how his life would be better if he had taken a different job offer last year.
(i) Identify the specific cognitive process Rohan is engaging in.
(ii) Discuss the two directions this process can take and how it impacts an individual's emotional state or future performance.

Ans :

(i) Rohan engages in counterfactual thinking, a 'what might have been' thought process different from reality.
(ii) This process involves judging situations by thinking about perfect alternatives to it:
   1. Upward counterfactual thinking occurs when a person imagines better outcomes than what actually happened in reality. This specific cognitive direction usually generates intense negative feelings, such as profound regret, deep disappointment, and severe envy within the individual regarding their exact current state of affairs.
   2. Downward counterfactual thinking occurs when a person imagines much worse outcomes than what actually occurred in their past. In this completely contrasting scenario, the individual experiences highly positive feelings of immense relief and deep satisfaction regarding how their current situation ultimately unfolded in the end.
   3. Counterfactual thinking can also be highly beneficial as it successfully helps a person to clearly understand the exact reasons behind their worse outcomes. This crucial understanding actively facilitates the individual to adopt new, greatly improved strategies for achieving far better performance in future endeavours.

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147. "We judge ourselves by our brilliant intentions, but we judge others by their foolish actions." — Stephen Covey
Whenever Sameer secures high marks, he credits his sheer hard work, but when he performs poorly, he blames the teacher for setting an unfair paper.
(i) Identify the specific perceptual error demonstrated by Sameer.
(ii) Explain why individuals engage in such an error and discuss one potential negative consequence of this tendency in a collaborative environment.

(iii) The factors that heavily affect conformity behaviour and influence yielding to the majority are:

1. Size of group: As the size of the group becomes progressively larger, it creates much greater psychological pressure on the individual group members. Consequently, this increased collective pressure significantly increases the overall level of conformity displayed by the individuals within that specific social setting.
2. Group cohesiveness: High group cohesiveness consistently yields a significantly higher level of conformity than low group cohesiveness. High cohesiveness indicates that the liking and admiration among group members are quite strong, and because they share intense emotional ties, their inherent willingness to conform to the shared group norms naturally and significantly increases.
3. Group status: A person who actively experiences and enjoys a higher status in the group generally shows higher conformity. Such a person is widely considered a role model or ideal for other members, so it is generally expected that he will conform strictly to the established norms to clearly set an excellent example of proper behaviour.
4. Open environment: The physical and social setting profoundly impacts behaviour. In an open environment, where people explicitly need to share their views in front of others, conformity is remarkably greater than in a private situation where members have a secure chance to express their opinions secretly.
5. Acculturation: A person generally conforms to various norms in order to get quickly assimilated into a particular group or culture. This mainly occurs when a person earnestly tries to become a fully accepted member of a new group, such as a recently arrived immigrant actively conforming to the established social norms of a new society.

155. A group of college students is assigned a joint research project. During the work, it becomes evident that some members are exerting far less effort than they would if they were graded individually. This frustrates the hardworking members, though they eventually manage to complete the project together successfully.

(i) Identify the exact behavioural tendency shown by the students who are exerting less effort.

(ii) Briefly explain how this specific tendency can be effectively minimised in a group setting.

(iii) Explain four defining features that characterise this student unit as a 'group' rather than a mere crowd.

Ans :

(i) The exact behavioural tendency shown by the students who are exerting far less effort while acting as a part of a collective project is known as social loafing.

(ii) Social loafing can be effectively minimised by formally recognising and rewarding individual effort within the collective task. Additionally, making individuals genuinely feel that their specific bit of work is very important helps, as building highly motivated and cohesive groups significantly decreases this undesirable tendency.

(iii) Unlike a mere crowd of people present at a place entirely by chance, the defining features that deeply characterise this student unit as a structured group are:

1. Social unit with unique identity: It is a distinct social unit comprising two or more members who perceive themselves to be together. They feel different and distinguished from other such random groups, which ultimately gives them a shared and completely unique, recognisable collective identity.
2. Shared common goals: The diverse members of the group share specific common goals that they strive to accomplish collaboratively. Unlike a random crowd, every individual in this social unit focuses their collective energy on achieving this target, ensuring unity in their overarching purpose and overall direction.
3. Interdependence among members: The members are highly interdependent on each other within the designated social unit. This essentially means that the specific action of one individual member

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3. Every socialisation process inherently involves learning various different social norms, customs, and traditions by means of continuous conformity. Over time, closely adhering to these accepted societal rules gradually becomes a deeply ingrained, automatic, and highly habitual act for the conforming individual.
4. Conforming to social norms naturally develops a profound 'we-feeling' and a deep sense of belongingness to that particular group. This ultimately leads to stronger group cohesiveness, ensuring personal safety and guaranteeing vital cooperation from other members during any severe crisis situation.

150. "The disappearance of a sense of responsibility is the most far-reaching consequence of submission to authority." — Stanley Milgram
Based on the provided quotation, explain four psychological factors that heavily influence an individual's obedience and promote submissive behaviour towards authority figures.

Ans :

Factors influencing obedience and promoting submissive behaviour towards authority include:

1. Lack of responsibility makes persons feel completely unaccountable for their actions while obeying orders. They view themselves merely as passive instruments for carrying out commands, frequently using 'I am just following orders' as a convenient defence mechanism during violent acts.
2. The socialisation process ensures that from early childhood, people consistently learn to obey orders given by superiors. Since obedience traditionally meant societal approval and disobedience resulted in punishment, this strong tendency gets deeply internalised as individuals grow into adulthood and workplaces.
3. The power of social position dictates that people naturally obey others by virtue of their dignity, status, or influence. This deep learning process of complete obedience to an esteemed authoritative figure is strongly imbibed from childhood, reflecting clearly in unequal social structures.
4. Proximity dictates physical closeness, heavily influencing compliance. A person is significantly more obedient to authority figures who are physically closer to them. Conversely, an individual is substantially less likely to obey if the authoritative figure suddenly moves away and gives distant orders.

EIGHT MARKS QUESTIONS

151. During a corporate audit, it was discovered that a junior accountant, Samir, intentionally altered financial records. When questioned, Samir stated he was just following the strict orders of the Chief Financial Officer. He felt he had no choice as the CFO was a powerful authority figure who took all responsibility for the department's actions.
(i) Identify the specific form of social influence demonstrated by Samir in this situation.
(ii) Discuss six factors that affect this specific behaviour, leading individuals like Samir to act in such a manner.

Ans :

(i) The specific form of social influence demonstrated by Samir is obedience.
(ii) Several factors affect obedience and promote such behaviour in individuals under authority:
   1. Lack of responsibility: Persons often feel a complete lack of responsibility for their individual actions while obeying orders. They view themselves merely as instruments for carrying out commands, heavily relying on 'I am following the order' as a psychological defence when performing objectionable or harmful actions.
   2. Power of social position: In society, people naturally learn to obey other persons by virtue of their dignity, status, power, or influence. This ingrained learning process of absolute obedience to an esteemed authority figure is imbibed from early childhood, leading individuals to respect unequal social statuses unconditionally.
   3. Signs of position: Persons in authoritative roles often possess visible signs of their specific positions, such as wearing special uniforms or holding special titles. These distinct indicators make individuals adhere strictly to the

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common social norm to obey seniors, making active disobedience extremely difficult for them.

4. Fast pacing orders: In the case of a series of fast-pacing orders relating to carrying out violent or unethical actions, people have very little time for critical thinking and judging the situation. Consequently, individuals who are ordered to obey almost always do it completely automatically.
5. Legitimacy of the authority figure: An authority figure who is visibly part of some highly respected institution or holds a recognised official rank is obeyed much more often by others. Their established institutional backing adds significant psychological weight and credibility to their direct commands, virtually guaranteeing compliance.
6. Fear of punishment: One of the major underlying reasons behind people obeying others is the direct fear of being punished. If individuals choose to intentionally defy the specific orders given to them by an authority figure, they anticipate severe punitive consequences that they desperately wish to avoid.

152. Whenever Aisha gives a presentation in the weekly marketing meeting, she nervously fumbles her notes and speaks too softly. Interestingly, none of the other team members behave this way during their presentations. Furthermore, Aisha displays this exact same nervous behaviour across all other situations, whether she is talking to clients or pitching to the board. Her manager concludes that Aisha's nervousness is due to her inherent personality traits.

(i) Identify the specific theory of attribution applied by the manager and explain the pattern of information that leads to internal attribution in this theory.

(ii) Describe five biases in attribution that generally lead people to commit errors while interpreting others' and their own behaviours.

Ans :

(i) The manager applied Harold Kelley's Theory of Attribution to understand Aisha. According to this specific theory, predominant internal attribution occurs when an individual's behaviour demonstrates very high consistency, but significantly low consensus and low distinctiveness across various situations.

(ii) There are several attribution biases that are cognitive or perceptual in nature. Five common biases in attribution that lead to errors in social judgement are:

1. Person positivity bias: It is the tendency of a person to evaluate an individual more positively than the groups to which he or she belongs. This bias is important in understanding political attitudes, where people have positive impressions of individuals despite disliking their institutional group.
2. False consensus bias: This is generally a person's tendency to overestimate the extent to which other people will agree to his opinions, beliefs, and behaviours. This bias leads the person to falsely misinterpret that his own opinions are completely normal and shared widely by the majority.
3. Self-serving bias: This bias involves ascribing all of one's personal successes to internal or dispositional causes, while simultaneously ascribing all failures to external causes. People tend to perceive failures in their own life as completely justified and excusable primarily to protect and enhance self-esteem.
4. Motivational biases: A person creates a bias in his attribution process that is specifically guided by his own underlying motivations. This bias states that our biased social judgements actively occur only when we are highly motivated to arrive at a particular predetermined conclusion or outcome.
5. Fundamental attribution bias: This is the strong tendency to explain other people's behaviours as resulting primarily due to their personality traits or internal causes. This pervasive error occurs despite the clear presence of situational or external causes that could equally explain the individual's observed behaviour.

153. Understanding other people is a highly complex cognitive task. People rely heavily on initial knowledge, observed behaviours, and stored

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information to make sense of their social world. However, since humans are not perfect, they utilise various components to navigate this process and often commit serious errors while predicting future actions.

(i) Explain the three errors or biases individuals tend to commit while cognising the social world.

(ii) Describe the four basic components of social perception used by individuals to understand others.

Ans :

(i) The three serious errors individuals tend to commit while cognising the social world are:

1. Counterfactual thinking: It is the tendency to judge any life situation by thinking about a perfect alternative, differing from reality. People ponder the difference in their situation if past events had occurred differently, leading to intense negative feelings of regret or positive feelings of satisfaction.
2. Motivated skepticism: This is the tendency of a person to become intensely doubtful and deny accepting unfavourable information that negates his beliefs or ideas. It generally occurs when a person is presented with contradictory information, prompting him to search for data aligning with his original ideas.
3. Automatic vigilance bias: It is the tendency of persons to automatically pay attention to the negative component of a stimulus so much that it completely interferes with attending to other non-threatening components. Consequently, people consistently interpret situations in a negative light even if the present circumstances are not genuinely threatening.

(ii) Social perception is based on four basic components that help in understanding others:

1. Non-verbal communication: This is the process where people communicate their internal feelings through facial expressions, eye contact, voice intonations, gestures, body contact, posture, and appearance. This provides highly valuable information about others' unspoken feelings, which significantly helps in accurately understanding their true emotional state.
2. Attribution: This is the highly complex cognitive process by which the individual actively endeavours to thoroughly understand the root causal factors of others' behaviours in a given situation. It helps to determine exactly why the other person behaves or reacts in a particular way.
3. Impression formation and management: Impression formation is the distinct process where an individual develops his first impression of others. Concurrently, the other person carries out impression management, through which he actively tries to produce a highly favourable impression through careful and proper self-presentation.
4. Verification: It is the conclusive process in which an individual finally evaluates and systematically judges the fundamental accuracy of his social perception. This process directs a person either to confidently stick to their initial perception or completely change it based on their deep analytical review.

154. During a corporate town hall meeting, a junior manager named Amit publicly agreed with the new restrictive workplace policies, even though he privately disliked them. He did this primarily because he wanted to be accepted by the senior leadership and strongly feared criticism or rejection by his peers.

(i) Identify the broad type of social influence exhibited by Amit in this scenario.

(ii) Name the specific term used when people adopt such behaviour due to their desire to be liked and accepted.

(iii) Explain five factors that affect this type of social influence and determine the extent to which a person yields to the majority.

Ans :

(i) The broad type of social influence clearly exhibited by Amit in this corporate scenario is termed as conformity.

(ii) The specific psychological term used when people deliberately adopt such behaviour due to their underlying desire to be liked, approved, and accepted by others is normative influence.

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Ans :

(i) Sameer demonstrates the perceptual error called self-serving bias, ascribing all personal successes to internal causes and failures to external causes.

(ii) Individuals engage in this bias for various psychological reasons:

1. Social psychologists suggest that this bias occurs mainly because individuals generally expect to succeed in life. They tend to perceive personal failures as completely justified and excusable, while intensely viewing identical failing events in others' lives as entirely irrational and completely inexcusable always.
2. This attribution bias heavily results from a fundamental psychological need to continuously protect and actively enhance personal self-esteem. It is also powerfully driven by an inherent desire to consistently look good, extremely capable, and highly impressive to other people within various societal interactions daily.
3. In collaborative work environments, this bias inevitably leads to significant interpersonal friction. Individuals frequently perceive that they, rather than their partners, hold the major contribution to work, incorrectly assuming their colleagues' successes merely stem from external factors and are therefore significantly less appropriate always.

148. "Many hands make light work, but they also give individuals a convenient place to hide." — Anonymous

During a college festival, it was observed that students put in less effort when assigned to decorate the hall as a large team compared to when they were given individual corners.

(i) Identify and describe the psychological phenomenon occurring in the large team.

(ii) Discuss two specific ways this phenomenon can be minimised in such group tasks.

Ans :

(i) They are demonstrating social loafing.

1. Social loafing is the tendency of individuals to put in far less effort when acting as part of a large group, where their specific performance cannot be clearly distinguished, compared to when they are performing the exact same task completely individually.
2. This occurs because members feel significantly less responsible individually, transforming the task into a shared collective responsibility. This severely decreases motivation, as they rapidly realise that their individual efforts will not be specifically praised, blamed, or distinctly recognised by anyone.

(ii) This can be minimised as follows:

1. Social loafing can be significantly reduced by systematically recognising and evaluating each member's individual effort. By closely monitoring personal contributions, members become much more accountable, effectively preventing them from safely hiding behind the shared collective responsibility of the broader team.
2. The phenomenon notably decreases if individuals are made to strongly feel that their specific bit of work is incredibly important. Fostering a highly motivated, deeply cohesive group ensures members remain fully dedicated, making social loafing much less evident in collaborative settings.

149. "The nail that sticks out gets hammered down; we often blend in simply to survive the expectations of the room." — Japanese Proverb

Based on the provided quotation, explain four psychological reasons that compel an individual to yield to the expectations of others and alter their behaviour to fit into a group.

Ans :

People conform to social norms due to the following reasons:

1. Normative influence compels people to conform because of an inherent desire to be liked and accepted by others. They realise that non-conformity may lead to harsh criticism and rejection, thus they yield to get continuously approved and highly appreciated by the group.
2. Informational influence occurs when people conform because of a strong desire to be completely correct. In situations where persons are highly uncertain about what is accurate, they simply conform to the broader group behaviour, genuinely thinking the majority's actions to be correct.

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has direct operational consequences for the others, making their collective collaborative effort absolutely essential for the successful overall functioning of the group.

4. Adherence to norms and roles: The group members usually interact with each other systematically following a specific set of norms and roles. These essential rules of behaviour are strictly adhered to by all individuals, ensuring orderly functioning and clearly distinguishing the organised group from a completely random, chance-based crowd.

156. Read the conversation below and answer the questions that follow:

Rajesh: "I felt terrible making those fraudulent entries in the accounts, but the senior manager stood right over my desk and told me I had no other choice."

Sunita: "I know, I just did what he said because he is the boss. I didn't want to get fired, and since everyone else was doing it, it felt easier to just comply."

(i) Identify the specific type of social influence demonstrated by Rajesh and Sunita.

(ii) Explain any six factors that affect this specific type of social influence.

Ans :

(i) The specific type of social influence demonstrated by Rajesh and Sunita is obedience.

(ii) There are several factors that affect and promote obedience in individuals, which include the following:

1. Emotional distancing from the victim reduces emotional impact, as being physically away from the victim lowers empathy and compassion. The participant is not perceived as a physical person, making it much easier to continue obeying the command and hurting them.
2. Physical distance also blurs the participant's feeling of accountability for his actions. The individual feels less accountable and does not feel responsible for his actions, perceiving the situation simply as doing exactly what he is told by the authority figure.
3. The socialisation process from childhood teaches people to obey orders given by a superior or an authority figure. Since obedience meant approval and disobedience could result in punishment, individuals grow older continuing to follow other people's orders as an internalised habit.
4. Proximity or physical closeness to the authority figure increases obedience. It is highly likely that a person will be more obedient to authority figures who are closer to the person, and less likely to obey if the figure gives orders from a distant location.
5. The fear of punishment is one of the major reasons behind people obeying others. Individuals often comply with commands because they are afraid of being reprimanded, penalized, or facing severe punitive consequences if they choose to defy the specific orders given to them.
6. Persons often feel a lack of responsibility for their actions while obeying orders, viewing themselves merely as instruments for carrying out commands. Adopting the defence of following orders helps them avoid taking blame for carrying out objectionable or violent actions.

157. Analyse the dialogue and answer the questions:

Amit: "I scored an A+ in mathematics because I am naturally gifted and studied very hard all year."

Rahul: "But what about physics? You failed that test."

Amit: "That was entirely the teacher's fault; the paper was exceptionally tough, and the classroom was too noisy to concentrate."

(i) Identify and explain the specific cognitive error Amit is making while interpreting his own academic performance.

(ii) Describe any five other cognitive errors or biases that individuals commit while ascribing reasons behind behaviours.

Ans :

(i) Amit is demonstrating the self-serving bias. This bias involves ascribing all personal successes to internal or dispositional causes, while blaming all failures on external causes to protect one's self-esteem.

(ii) Individuals frequently commit various cognitive errors while attributing causes

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exam? Your grades have dropped significantly."
Riya: "That is entirely the teacher's fault. She set a terribly unfair paper and always grades me harshly."
Mother: "Are you sure it wasn't because you skipped studying the last three chapters?"
Riya: "No, my preparation was fine. It is just impossible to succeed when the situations are so biased against me."

(i) Identify and explain the attribution bias demonstrated by Riya.
(ii) Explain the reasons why this bias occurs among individuals.

Ans :

(i) Riya is demonstrating the self-serving bias, which can be explained through the following points:
   1. This bias involves a pattern where an individual ascribes all personal successes to internal or dispositional causes. For instance, Riya credits her high marks in Mathematics purely to her own intelligence, sincere dedication, and hard work.
   2. Conversely, the individual ascribes all their failures to external causes. People perceive failures in their life as justified, just as Riya blames her poor History grades entirely on an unfair teacher and a highly biased situation.

(ii) Social psychologists suggest that this attribution bias occurs among individuals due to the following reasons:
   1. Humans fundamentally expect to succeed in life, which naturally leads them to ascribe successful outcomes to internal causes, reinforcing the belief that their positive achievements are well-deserved and stem directly from their own personal capabilities.
   2. Furthermore, this bias results directly from an inherent psychological need to protect and enhance personal self-esteem, alongside a deep desire to constantly look good to others across various social interactions and interpersonal relationships.

144. Read the conversation below and answer the questions that follow:
Sunita (Resident): "I cannot believe everyone blindly helped evict the poor families from the neighbourhood yesterday."
Ramesh (Community Leader): "The zonal commander arrived in his full official uniform and gave the direct orders. We had to comply."
Sunita: "But didn't anyone feel guilty seeing them lose their homes right in front of them?"
Ramesh: "Honestly, the commander kept us at the gates, far away from the actual houses. We couldn't even see the families crying."
Sunita: "Still, it was morally wrong to participate in such an aggressive drive."
Ramesh: "We were just instruments carrying out his orders. If we refused, we would have faced heavy civic penalties."
Discuss four factors affecting obedience that are evident in the community members' behaviour.

Ans :

Based on the dialogue, the four factors affecting the community members' obedience are as follows:
1. Signs of position: Persons in authority often possess specific indicators like special uniforms or titles. The zonal commander's full official uniform made the residents adhere to the common social norm of obeying seniors, making it exceedingly difficult to disobey.
2. Proximity and emotional distancing: A person is more obedient when the victim is physically away. Because the residents were kept at the gates and could not see the victims suffer physically, it significantly reduced the emotional impact and their empathy.
3. Lack of responsibility: Persons often feel a complete lack of responsibility for their actions while obeying orders, adopting the defence that they are merely instruments following orders, just as Ramesh felt they were only carrying out the commander's instructions.
4. Fear of punishment: One of the major reasons behind people obeying others is the direct fear of being punished. The residents chose to defy their morals because refusing the authority's orders would have resulted in severe punitive consequences and heavy civic penalties.

145. Read the conversation below and answer the questions that follow:
Karan: "Remember our first meeting for the college band? We were all so apprehensive and just politely figuring out each other's musical

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direct consequences and lasting impacts for all the other members present within the group.

4. The members usually interact following a strict set of established norms and specific roles that are strictly adhered to by all. These accepted rules of behaviour and designated positions create order and predictability, ensuring the group functions smoothly and maintains its cohesiveness.

159. Study the exchange given below and respond to the questions:

Neha: "I don't really like listening to heavy metal music, but I wear the band t-shirts and nod along because I want the popular kids to accept me."

Vikram: "I started wearing those t-shirts too, but only because I saw the seniors wearing them and I figured they know what the best fashion trends are right now."

(i) Identify the specific underlying reason for Neha's behaviour.

(ii) Identify the specific underlying reason for Vikram's behaviour.

(iii) Explain five factors that can affect this broad type of majority influence in society.

Ans :

(i) Neha's behaviour is driven by normative influence, representing her desire to be liked and accepted.

(ii) Vikram's behaviour is driven by informational influence, representing his desire to be correct in uncertain situations.

(iii) Conformity, or majority influence, is affected by several critical factors, which include the following:

1. The size of the group plays a crucial role in determining conformity. As the size of the group becomes larger, it creates significantly more psychological pressure on the individual group members, which consequently ensures that the overall level of conformity increases proportionately.
2. Group cohesiveness yields a high level of conformity when members share intense ties and mutual admiration. High cohesiveness indicates that liking among group members is quite strong, which naturally motivates individuals to adhere closely to group norms to maintain their strong social bonds.
3. Group status affects conformity because a person who experiences and enjoys a higher status in the group shows higher conformity. Such a person is considered a role model, so it is generally expected that he will conform to set examples of proper behaviour.
4. An open environment greatly impacts how much individuals conform to majority views. In an open environment where people need to share their views publicly in front of others, conformity is vastly greater than in situations where members can express their dissenting opinions secretly.
5. Acculturation drives conformity when a person tries to become a member of a new group. An individual generally conforms to norms in order to get quickly assimilated into a particular culture, just like an immigrant conforming to be accepted by that particular society.

160. Based on the scenario below, respond to the following:

Ravi missed out on a major promotion. He constantly thinks, "If only I had worked on weekends, I would be the manager now," making himself miserable. Furthermore, when his supervisor gave him constructive feedback on his weak presentation skills, Ravi flatly denied it, claiming the feedback was entirely false and biased.

(i) Identify the overarching cognitive process that involves observing, storing, and using such social information.

(ii) Explain the tendency Ravi exhibits when he completely denies his supervisor's unfavourable feedback.

(iii) Describe the four variations and effects of the 'what might have been' thought process that individuals like Ravi experience.

Ans :

(i) The overarching process involved in observing, storing, and using this information is called social cognition.

(ii) Ravi exhibits motivated skepticism. This is the tendency of a person to become doubtful and completely deny accepting unfavourable information that negates his existing beliefs or ideas.

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(iii) The 'what might have been' thought process is known as counterfactual thinking, which includes the following variations:

1. Counterfactual thinking involves thoughts that are counter to the facts and different from reality. It is the human tendency to judge any situation in life by actively thinking about a perfect alternative to it, imagining how past events could have occurred entirely differently.
2. Upward counterfactual thinking occurs when a person imagines better outcomes than what has actually occurred in reality. By focusing on how things could have been vastly superior, the individual typically experiences strong negative feelings such as profound regret, disappointment, and lingering envy.
3. Downward counterfactual thinking happens when the person imagines worse outcomes than what actually occurred. By visualizing a much more negative alternative reality, this specific thought process helps the individual experience positive feelings of relief and satisfaction regarding their current social situation and standing.
4. Counterfactual thinking can also have highly productive effects on an individual's future behaviour. By helping the person carefully understand the exact reasons behind the worse outcomes, this cognitive process facilitates them to actively adopt completely new strategies for much better performance in future.

161. Read the dialogue below and answer the questions that follow:

Rohan: "I scored highest in mathematics because I practiced day and night! I am naturally gifted with numbers."

Aman: "But you failed physics..."

Rohan: "That's only because the teacher hates me and the exam was unfairly tough!"

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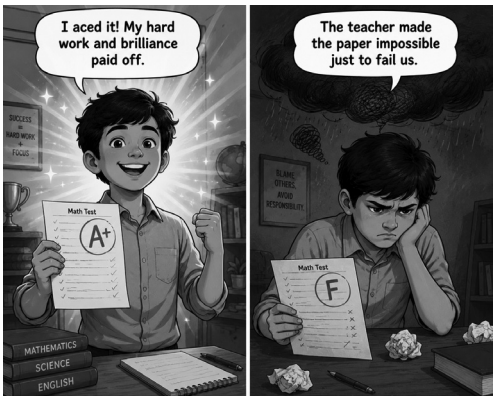


(i) Identify the specific attribution bias exhibited by Rohan in the dialogue and image.

(ii) Explain this bias and describe any five other biases in attribution.

Ans :

(i) Rohan is exhibiting the self-serving bias, which involves ascribing all successes to internal causes and failures to external causes.

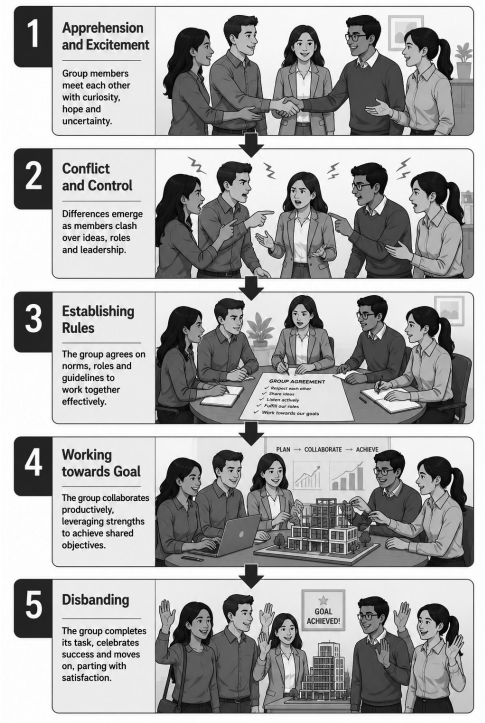
(ii) Biases in attribution are errors committed while ascribing reasons for behaviours. The different types of attribution biases are:

1. Self-serving bias is the tendency where individuals ascribe all their successes to internal or dispositional causes like hard work, and ascribe all failures to external causes. This usually occurs because we expect to succeed and desire to protect our self-esteem.
2. Person positivity bias is the tendency of a person to evaluate an individual much more positively than the broader groups to which that individual belongs, often keeping positive impressions of specific members despite holding a negative impression of their group.
3. False consensus bias is generally a person's strong tendency to overestimate the actual extent to which other people will agree with their own opinions, beliefs, and behaviours, falsely leading them to misinterpret that their personal views are the normal majority.
4. Motivational biases state that our biased social judgements occur primarily when we are highly motivated to arrive at a particular conclusion. For instance, a person might unfairly describe a dish

as tasteless simply because they are motivated to avoid eating it.

5. Fundamental attribution bias refers to the common tendency to explain other people's behaviours as resulting entirely due to their inherent personality traits or internal causes, despite the clear presence of obvious situational or external causes that might explain the action.
6. Actor-observer effect is the common psychological tendency to ascribe our own behaviour mainly to various external or situational causes, while simultaneously attributing other people's behaviour primarily to their internal causes and personal dispositions during social interactions and evaluations.

162. Analyze the narrative given below and respond to the questions:
Five students are assigned a group project. Initially, they are polite but cautious. Soon, arguments break out over who will lead the presentation. After some mediation, they agree on a set of rules and a clear division of labour. They finally work smoothly together, achieve top marks, and disband the group after celebrating their success.


1
Apprehension and Excitement
Group members meet each other with curiosity, hope and uncertainty.
2
Conflict and Control
Differences emerge as members clash over ideas, roles and leadership.
3
Establishing Rules
The group agrees on norms, roles and guidelines to work together effectively.
4
Working towards Goal
The group collaborates productively, leveraging strengths to achieve shared objectives.
5
Disbanding
The group completes its task, celebrates success and moves on, parting with satisfaction.
GOAL ACHIEVED!

(i) What process is depicted in the narrative and the accompanying flowchart?
(ii) Describe the five stages of this process sequentially.

Ans :

(i) The narrative and flowchart depict the sequential stages of group formation. This process outlines the necessary phases that a collection of individuals must collectively go through to successfully form a functional, cohesive, and productive group.
(ii) The sequential stages that people have to go through for the formation of a group are:

1. Forming stage: When people initially meet, there are natural apprehensions about how the group will function, regarding the ideas of others, and excitement about how the whole process will eventually work out as they begin interacting with one another.
2. Storming stage: During the initial working phase, conflict often arises among members regarding who will lead, control resources, and choose the path for achieving the group's goal, effectively separating the dissidents from the like-minded individuals in the newly formed group.
3. Norming stage: After the conflict is successfully resolved, the group develops certain essential norms of group behaviour. These established methods of work, leadership hierarchy, and behavioral expectations are completely accepted and strictly abided by all the group members to maintain continuous order.
4. Performing stage: The group is now completely ready to work towards its primary goal through the accepted hierarchy of leadership and established norms. The group actively continues to fulfill its motive and execute the required tasks to achieve overall success.
5. Adjourning stage: In certain specific cases where a group is formed to host a temporary event or complete a short-term project, the group might be officially disbanded after the said task is successfully completed, bringing the group's existence to an end.

163. Study the visual scenario provided below and answer the questions:

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shortcuts and cues.
(c) Changing beliefs due to a conflict in held attitudes.
(d) Evaluating the persuasive message with high motivation.

Ans :

(b) Processing information using mental shortcuts and cues.
The consumer is adopting the heuristic processing or peripheral route to persuasion. This route is used when an individual lacks the time, motivation, or adequate knowledge to engage in elaborate thinking. Instead, they rely on mental shortcuts, such as trusting a celebrity expert, which leads to a temporary attitude change.

5. Mr. Sharma bluntly refuses to rent his apartment to college students because he firmly believes that all youngsters are loud, irresponsible, and will undoubtedly cause severe damage to his property.
Which specific component of an attitude does his rigid belief about the students represent?
(a) The affective component demonstrating his emotional reaction.
(b) The behavioural component showing his discriminatory act.
(c) The cognitive component reflecting his preconceived notions.
(d) The motivational component driving his need for security.

Ans :

(c) The cognitive component reflecting his preconceived notions.
The cognitive component of an attitude involves the thoughts and beliefs one holds about an object or group. Mr. Sharma's firm belief that all college students possess specific negative traits represents a stereotype. A stereotype is fundamentally the cognitive framework of prejudice, consisting of generalised beliefs about a particular social group.

6. During a corporate retreat, employees from rival departments who usually dislike each other are placed in the same team for a scavenger hunt. By the end of the day, they start cheering for each other and collaborating effectively.
What strategy is being used here to combat negative attitudes?
(a) Rescheduling the boundaries between in-group and out-group.
(b) Highlighting inter-group differences to build tolerance.
(c) Using mass propaganda to change deep-rooted prejudices.
(d) Reminding individuals of their vulnerability to stereotyping.

Ans :

(a) Rescheduling the boundaries between in-group and out-group.
This scenario demonstrates recategorisation. When the boundary between 'US' and 'THEM' is rescheduled, it facilitates intergroup contact and enables individuals to find areas of similarities. By merging rival departments into a single team, the initial 'enemy' members shift to the in-group, which helps individuals understand the futility of rigid categorisations.

7. Whenever five-year-old Kabir shares his toys with his younger sister, his parents smile warmly and offer words of approval. Gradually, Kabir develops a highly favourable attitude toward sharing and generosity.
How was Kabir's attitude acquired in this specific situation?
(a) By associating an initial neutral stimulus with an unconditioned stimulus.
(b) By adjusting his views to make them similar to his peer group.
(c) By evaluating the personal benefits received from the given situation.
(d) By repeating responses that are consistently followed by rewards.

Ans :

(d) By repeating responses that are consistently followed by rewards.
Kabir's attitude is formed through operant conditioning. This process involves learning and repeating behaviours or responses that are followed by rewards, and avoiding those followed by punishments. Because Kabir received smiles and verbal approval (rewards) for sharing, he gradually acquired a positive, favourable attitude towards the act of sharing.

8. An individual is forced to perform a highly tedious task. They are subsequently offered a very tiny, almost negligible financial reward for lying to the next participant that the task was highly enjoyable. Surprisingly, they later report actually liking the task.
Why did this significant shift in their personal

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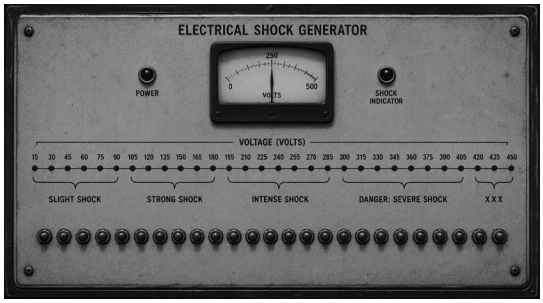
(ii) This specific landmark study on social pressure and conformity was conducted by the psychologist Solomon Asch.

(iii) The various factors affecting conformity behaviour are as follows:

1. Size of group is a major factor because as the size of the majority group becomes larger, it creates a much stronger pressure on the individual group members, causing the overall level of conformity behaviour to increase significantly and noticeably.
2. Group cohesiveness yields a significantly higher level of conformity. High cohesiveness clearly indicates that the liking and admiration among group members are quite strong, and sharing these intense ties causes individuals to conform more readily to the group's specific norms.
3. Group status affects conformity because a person who experiences and enjoys a higher status in a group generally shows higher conformity. As a role model, they are heavily expected to set an example of proper behaviour for all other members.
4. Open environment dictates that in situations where people desperately need to share their personal views publicly in front of others, conformity is generally much greater than in closed situations where members have a safe chance to express their opinions entirely secretly.
5. Acculturation drives a person to generally conform to specific norms in order to get quickly assimilated into a particular group or culture. This mainly occurs when a person, like an immigrant, actively tries to become an accepted member of a new group.

165. Based on the historical psychological apparatus illustrated below, answer the questions that follow:



(i) Name the type of social influence demonstrated by the 'teacher' in this scenario.

(ii) State the main aim of this specific experiment.

(iii) Explain how emotional distancing and the socialization process promote this behaviour.

Ans :

(i) The type of social influence demonstrated is obedience, which involves behaving in a specific way in response to orders from an authority figure.

(ii) The primary aim of this experiment, conducted by Stanley Milgram, was to find out how far people would go in obeying an instruction if it involved causing harm to another person. It also aimed to discover how easily ordinary people could be influenced into committing violent acts.

(iii) Emotional distancing from the victim and the socialisation process promote obedience in the following ways:

1. Reduces emotional impact promotes obedience because when the victim is physically kept away in another room, the participant does not feel much empathy or compassion. Being disconnected makes it substantially easier to continue obeying the violent command and hurting the person.
2. Feeling less accountable occurs because the physical distance thoroughly blurs the participant's feeling of personal accountability. The individual completely stops feeling responsible for their harmful actions, perceiving it strictly as just doing what they are told by the powerful authority figure.
3. Devaluing the victim helps participants distance themselves emotionally. By devaluing the victim and perceiving them as dangerous or deserving of the punishment, the participant feels absolutely no guilt and willingly continues to obey the authority figure, believing they act for peace.
4. Socialisation process heavily promotes obedience because from early childhood, people generally learn to obey orders given by superiors. Since obedience traditionally meant approval and disobedience resulted in punishment,

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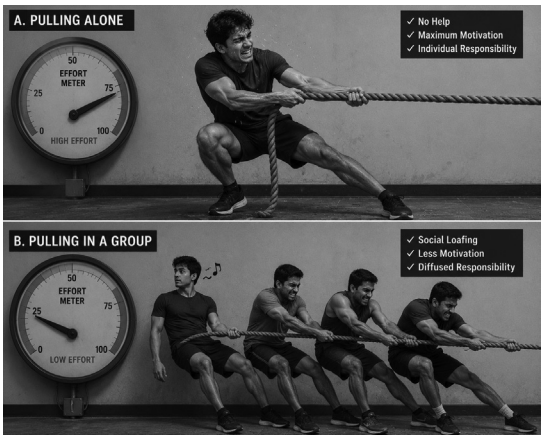


(i) Identify the group influence phenomenon shown in the image and explain why it occurs.

(ii) Explain the other two types of group influence on an individual's behaviour.

Ans :

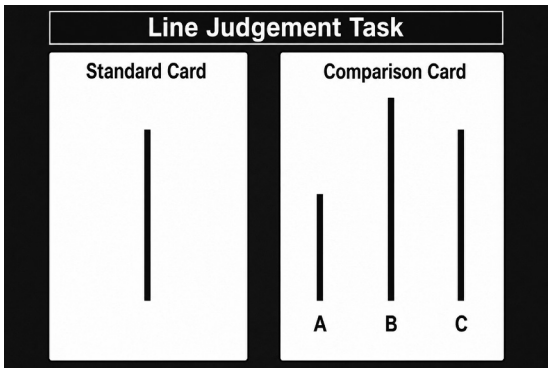
(i) The image illustrates social loafing and the specific reasons for its occurrence are:

1. The image perfectly illustrates social loafing, which is the psychological tendency of people to put in less individual effort when acting as part of a group compared to when they are performing the exact same physical task completely individually.
2. Social loafing primarily takes place because a person feels far less responsible individually. The whole task essentially becomes a collective responsibility, with absolutely no one in particular to be praised or blamed for the group's overall performance outcome.
3. Motivation drastically decreases as members realise their individual efforts will not be explicitly recognised. This specific behaviour is much more evident in non-competitive group performances where their collective output will not be directly compared to the efforts of any other competing group.

(ii) The other two effects of a group on an individual's behaviour are:

1. Social facilitation occurs when the sheer presence of other people induces an arousal in the individual, making them try harder to perform in a way that would be praised, assuming their actions will be carefully judged by the others present.
2. Evaluation apprehension explains that if an individual is highly proficient in the task, social facilitation helps them perform better. However, if they lack confidence, the presence of others makes them nervous, resulting in distinct underperformance compared to working completely alone.
3. Co-action happens when the other people present also perform the exact same task, turning the situation highly competitive. A person skilled at the task performs better than when alone, while an unskilled person performs significantly worse under these competitive conditions.
4. Group polarisation takes place when groups of like-minded people make a decision on an issue and tend to take an extreme position. Individuals hear newer arguments favouring their viewpoint, resulting in them conforming and taking a severe or extreme stand.

164. Examine the experimental setup illustrated below and respond to the following:



(i) Identify the psychological phenomenon being investigated in the experiment shown.

(ii) Name the psychologist who conducted this specific study.

(iii) Describe any five factors that affect this type of social influence.

Ans :

(i) The experiment investigates conformity, which is a type of social influence involving a change in belief or behaviour to fit into a group.

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CHAPTER 07
Attitude, Prejudice and Stereotype

MULTIPLE CHOICE QUESTION

1. Rohan is unsure if he likes a new indie music genre. He notices he has been adding several songs of this genre to his daily playlist and humming them frequently. He eventually concludes that he actually enjoys this type of music.
Which psychological theory best explains how Rohan determined his stance?
(a) Functional theory
(b) Cognitive evaluation
(c) Self-perception theory
(d) Social comparison

Ans :

(c) Self-perception theory
According to Ben's self-perception theory, when individuals are uncertain about their feelings regarding an issue, they depend on observing their own behaviour to form an attitude. Since Rohan was initially confused and used his action of adding songs to determine his positive stance, he is clearly demonstrating this principle.

2. A person's stance on environmental conservation involves multiple interconnected beliefs, such as specific views on renewable energy, strict waste management protocols, and anti-deforestation laws.
Which property of attitude does this interconnected structure represent?
(a) Valence
(b) Complexity
(c) Intensity
(d) Centrality

Ans :

(b) Complexity
Attitudes consist of four main properties. Simplicity or complexity refers to how many attitudes constitute a broader attitude. In this context, the broader attitude towards environmental conservation encompasses several distinct sub-attitudes like renewable energy and waste management, illustrating a highly complex attitude structure rather than just its direction or strength.

3. Anjali worked extremely hard for a promotion, but the position was unexpectedly given to an external candidate. Upset and deeply disappointed, she begins passing negative remarks and develops a hostile attitude toward all newly hired external employees.
Identify the underlying cause for her negative attitude towards the new employees.
(a) She is redirecting her thwarted goals into hostility.
(b) She is competing for scarce organizational resources.
(c) She is conforming to the existing beliefs of her peers.
(d) She is dividing the workplace into distinct social categories.

Ans :

(a) She is redirecting her thwarted goals into hostility.
According to researchers, prejudices often originate from frustration and aggression. When an individual is prevented from reaching a desired target, like Anjali missing her promotion, they become frustrated. This frustration frequently results in victimisation or scapegoating, where the person directs their resulting aggression and prejudiced behaviour toward a specific group.

4. A consumer purchases a newly launched smartphone simply because a famous cricketer endorsed it on television, entirely avoiding the effort of reading technical specifications or comparing features with other brands.
Which approach to persuasion is evident in this consumer's decision?
(a) Analysing the core message carefully and systematically.
(b) Processing information using mental

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weekend engaging in this activity and eagerly help organize related events.
Based on the idea that people deduce their inner states from their actions, how is this individual's attitude being formed?
(a) By assessing how the situation satisfies their personal needs.
(b) By comparing their views with those of their peer group.
(c) By inferring their exact feelings through their own overt actions.
(d) By imitating the behaviour of powerful figures in their family.

Ans :

(c) By inferring their exact feelings through their own overt actions.
Bem's self-perception theory states that when individuals are uncertain or confused about their feelings regarding an issue, they depend on their own behaviour to form their attitude. By observing their own frequent and voluntary participation, they infer their exact feelings and conclude they have a positive attitude towards it.

13. A person's overarching view on financial management is not just a single belief. It encompasses various interconnected sub-views regarding mutual funds, fixed deposits, real estate investments, and day-to-day expenditure management.
Which specific property of attitudes describes the number of constituent attitudes that make up this broader attitude?
(a) Simplicity or complexity
(b) Centrality
(c) Intensity
(d) Valence

Ans :

(a) Simplicity or complexity
The property of simplicity or complexity refers to exactly how many smaller sub-attitudes constitute a broader, overarching attitude. An individual's attitude towards financial management containing multiple distinct views about various savings and investment schemes perfectly exemplifies the complexity property of a complete attitude structure. This shows how attitudes are structured internally.

14. Rohit is watching television when an advertisement for a new health drink airs. He is tired, does not have much knowledge about nutritional science, and finds the topic irrelevant to his daily routine. However, he decides to buy the drink simply because his favourite movie star is endorsing it.
Which approach to processing persuasive messages does Rohit's decision illustrate?
(a) Engaging in systematic evaluation of the arguments.
(b) Applying mental shortcuts based on source attractiveness.
(c) Utilizing the central route for elaborate thinking.
(d) Altering knowledge to reduce cognitive discomfort.

Ans :

(b) Applying mental shortcuts based on source attractiveness.
Rohit is utilizing the peripheral route to persuasion, also known as heuristic processing. Because he lacks the motivation, time, and specific knowledge to process the message, he relies entirely on mental shortcuts. The physical attractiveness and prestige of the celebrity endorser act as this shortcut, rather than systematic logical analysis.

15. A student firmly believes that cheating in examinations is highly unethical. However, during a minor class test, they copy a friend's answer just to avoid getting a slightly lower grade. Later, they experience immense psychological discomfort.
According to the principles of attitude change, why does this student experience significant discomfort?
(a) Because the contrary action was performed for an insignificant reason.
(b) Because the student received a large reward for their contradictory behaviour.
(c) Because the action completely satisfied their physiological needs.
(d) Because the individual lacked the necessary cognitive capacity.

Ans :

(a) Because the contrary action was performed for an insignificant reason.
Cognitive dissonance is most strongly felt when a person acts contrary to their attitude for an insignificant reason, a phenomenon known as the less-leads-to-more effect. Since avoiding a slightly lower grade on a minor test is a very

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evaluation occur?
(a) They acted contrary to their attitude for a very insignificant reason.
(b) They were persuaded by an attractive and credible communicator.
(c) They reduced their discomfort by trivialising the task's importance.
(d) They modified their knowledge based on strong external justification.

Ans :

(a) They acted contrary to their attitude for a very insignificant reason.
This illustrates the 'less-leads-to-more effect' in cognitive dissonance. When an individual acts contrary to their attitude for an insignificant reason (like a tiny reward), they cannot easily justify their action externally. To reduce the resulting high discomfort, they change their internal attitude to align with their behaviour, producing a greater shift.

9. During a school debate competition, the home team makes a factual mistake, and their supporters immediately blame the faulty microphones. When the visiting team makes a similar mistake, the home crowd loudly claims the visitors are simply incompetent and poorly prepared.
Which psychological tendency is the home crowd displaying?
(a) Perceiving the environment as hostile and punishing to protect their self-esteem.
(b) Depending on their own spontaneous behaviour to infer their uncertain feelings.
(c) Experiencing anxiety due to the fear of confirming a negative group stereotype.
(d) Making favourable attributions about the in-group and unfavourable ones for the out-group.

Ans :

(d) Making favourable attributions about the in-group and unfavourable ones for the out-group.
The home crowd is displaying the ultimate attribution error, which stems from social categorisation. This is the tendency to divide the world into 'US' (in-group) and 'THEM' (out-group). People routinely make more favourable attributions for their in-group's actions while assigning negative, unfavourable attributions to the members of the out-group.

10. A professional purchases a specific brand of ergonomic office chair. Because the chair significantly relieves their chronic back pain, they rapidly develop a highly positive evaluation of the brand and recommend it to colleagues.
Which theoretical framework best explains the development of this positive evaluation?
(a) Attitudes are adopted to align with the dominant views of society.
(b) Attitudes are shaped depending on the personal benefits received.
(c) Attitudes are acquired by imitating the actions of supportive models.
(d) Attitudes are formulated based on sudden situational pressures.

Ans :

(b) Attitudes are shaped depending on the personal benefits received.
Daniel Katz's functional theory proposes that attitudes are formed based on how a particular thing or situation satisfies our needs. In this case, the professional developed a favourable attitude toward the chair brand because it provided the personal benefit of relieving back pain, thereby satisfying a specific physical need.

11. Priya believes snakes are highly venomous and dangerous. Whenever she sees a picture of a snake, she feels extreme fear and her heart starts racing. Consequently, she refuses to go on trekking trips where snakes might be present.
Which component of Priya's attitude is highlighted by her feeling of extreme fear?
(a) Cognitive component
(b) Affective component
(c) Behavioural component
(d) Perceptual component

Ans :

(b) Affective component
The affective component involves the feelings or emotions associated with the evaluation of an object, person, or situation. In Priya's case, experiencing extreme fear and a racing heart upon seeing a snake represents her emotional reaction, which acts as the triggering factor behind her subsequent negative avoidance behaviour.

12. An individual is completely unsure about their feelings towards a newly introduced recreational activity. Without any prior strong opinions, they notice that they voluntarily spend every

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individuals inherently continue to blindly follow authority figures' orders as they grow older.

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weak justification for violating a strong ethical belief, the resulting dissonance is large.

16. Sunita practiced diligently for the inter-school badminton tournament but failed to secure a spot on the final team. Upset by this rejection, she started spreading negative remarks about the selected players and the sports coach, holding a strong bias against them.
Which origin of prejudice does Sunita's behaviour demonstrate?
(a) Acquiring biases through mass media portrayal.
(b) Direct competition for limited societal resources.
(c) Venting anger after being blocked from a target.
(d) Categorizing the social world into distinct groups.

Ans :

(c) Venting anger after being blocked from a target.
Prejudice frequently originates from feelings of frustration and aggression, often leading to victimisation or scapegoating. When Sunita was prevented from reaching her specific target of joining the school team, she became highly frustrated. This frustration directly resulted in aggression and the development of prejudiced attitudes towards the selected members.

17. Whenever seven-year-old Aarav greets his community helpers respectfully, his mother smiles warmly, nods, and gives him a word of appreciation. Over time, Aarav develops a strong favourable attitude towards all community helpers.
Which process of social learning is responsible for shaping Aarav's attitude?
(a) Associating a neutral stimulus with an unconditioned response.
(b) Repeating behaviours that are followed by rewards.
(c) Comparing personal viewpoints with peer group opinions.
(d) Evaluating the logical merits of the information received.

Ans :

(b) Repeating behaviours that are followed by rewards.
Attitude formation through the process of operant conditioning occurs when individuals learn to repeat specific responses that are followed by rewards, such as approval, smiles, or nods. By consistently receiving positive reinforcement from his mother, Aarav gradually acquired and strengthened a highly favourable attitude towards all community helpers, shaping his future behaviour.

18. A female engineering student is aware of a widespread, negative belief that women are inherently less capable in mechanical tasks. While performing a complex mechanical experiment in front of her male peers, she becomes highly anxious about proving this belief right, which severely impacts her performance.
Which psychological phenomenon is this student experiencing?
(a) An ultimate attribution error regarding her out-group.
(b) An attempt to minimize her cognitive dissonance.
(c) A vulnerability to confirming a negative social identity expectation.
(d) A deliberate act of discrimination against her own in-group.

Ans :

(c) A vulnerability to confirming a negative social identity expectation.
Stereotype threat or vulnerability occurs when an individual feels extremely anxious that their actions might confirm a negative stereotype ascribed to their social group. This immense anxiety negatively affects their self-confidence and self-esteem, ultimately resulting in a significantly lowered performance in that specific domain despite their actual capabilities, hindering true potential.

19. Students of Blue House and Red House at a local school usually exhibit strong hostility towards each other. However, during the regional sports meet, the best athletes from both houses are selected to form a single school team. The students now cheer for the unified team together.
Which strategy for combating prejudice is illustrated in this situation?
(a) Enhancing knowledge through formal education programs.
(b) Rescheduling the boundary between in-group and out-group.
(c) Broadcasting positive propaganda through auditory media.
(d) Punishing students who display biased and

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Ans :

(c) Only (P) and (R)
The A-B-C model comprises affective, cognitive, and behavioural components. Rohit's belief about processed meat causing health issues is the cognitive component. His anxiety is the affective (feeling) component, and his action of walking away is the behavioural component. Statements P and R correctly identify the cognitive and behavioural aspects respectively.

27. Aditi recently joined a new college and is completely unsure how she feels about classical music. However, she notices that she frequently hums along when classical songs play on the radio and often chooses to sit near the college choir group. Based on her own actions, she concludes that she actually enjoys this genre of music.
Which of the following statements align with the psychological principle explaining how Aditi developed her views?
(P) When individuals are unclear about their feelings, they depend on observing their own behaviour to form an evaluation.
(Q) Attitudes are shaped depending entirely on the personal benefits the individual receives from the situation or thing.
(R) Evaluations are acquired by observing the behaviors of powerful or warm models in the social environment.
(S) People use their own outward actions towards a stimulus to infer their exact internal feelings and motivations.
(a) Only (P) and (S)
(b) Only (Q) and (P)
(c) Only (P) and (R)
(d) Only (R) and (Q)

Ans :

(a) Only (P) and (S)
Ben's self-perception theory states that when people are confused or uncertain about their feelings regarding an issue, they use their own behaviour to infer their exact feelings and consequently form their attitudes. Aditi observing her own actions to conclude she likes classical music perfectly demonstrates this principle through statements P and S.

28. During a student council election campaign, Vikram carefully reads the manifestos of all candidates, comparing their past achievements and logical arguments. Meanwhile, his friend Sameer decides to vote for a candidate simply because a popular local movie star endorsed her in a catchy social media reel.
Which of the following statements accurately distinguish the approaches used by the two students to process the persuasive messages?
(P) Sameer adopts a heuristic processing path because he applies mental shortcuts rather than elaborate thinking.
(Q) Vikram adopts systematic processing because he has the motivation and time to carefully evaluate the information.
(R) Sameer relies on the central path because the endorser's attractiveness creates a strong emotional dissonance in him.
(S) Vikram adopts a peripheral path because he possesses adequate knowledge about the persuasive message and arguments.
(a) Only (P) and (S)
(b) Only (Q) and (P)
(c) Only (P) and (R)
(d) Only (R) and (Q)

Ans :

(b) Only (Q) and (P)
According to the Elaboration-Likelihood Model, Vikram uses the central route (systematic processing) by deeply evaluating the message since he is motivated and analytical. Sameer uses the peripheral route (heuristic processing) by relying on mental shortcuts, like an attractive celebrity endorsement, without putting any effort into evaluating the actual message.

29. Karthik strongly believes that single-use plastics should be banned. However, he agrees to distribute plastic water bottles at a community event simply because his neighbour casually asked him to do it. Later, he feels extremely uncomfortable about his actions and begins to convince himself that distributing plastic bottles this one time isn't actually that harmful.
Which of the following statements explain the psychological mechanism behind Karthik's changing viewpoint?
(P) When individuals are rewarded heavily for attitude-discrepant behaviour, they experience the maximum amount of discomfort.
(Q) Engaging in actions contrary to one's beliefs for a weak or insignificant reason creates strong internal conflict.
(R) The individual attempts to reduce the resulting psychological discomfort by modifying or trivialising their knowledge

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(b) She is using the central route of persuasion by carefully evaluating the core message.
(c) She is experiencing cognitive dissonance and altering her prior knowledge to fit.
(d) She is applying the peripheral route of persuasion by relying on mental shortcuts.

Ans :

(d) She is applying the peripheral route of persuasion by relying on mental shortcuts.
The heuristic processing or peripheral route to persuasion is adopted when an individual lacks adequate knowledge, motivation, or time to carefully evaluate a message. Sunita relies on mental shortcuts, such as the upbeat music and the candidate's physical attractiveness, rather than engaging in high-effort analytical processing of the political advertisement.

24. Kavita is an exceptionally talented mechanic. However, while participating in a national automobile repair competition, she becomes acutely aware that women are generally perceived as being poor at mechanical tasks. This anxiety about confirming a negative belief causes her hands to tremble, leading to a significant drop in her performance.
Which psychological phenomenon is directly responsible for the decline in Kavita's performance?
(a) Realistic competition
(b) Ultimate attribution error
(c) Stereotype vulnerability
(d) Cognitive dissonance

Ans :

(c) Stereotype vulnerability
Stereotype vulnerability occurs when an individual feels extremely anxious that their actions might confirm a widely held negative stereotype about their specific social group. This intense fear and pressure negatively affect the person's self-confidence and esteem, which ultimately results in a significant decline in their actual performance during the task.

25. The students of a school are deeply divided by their fierce loyalty to their respective school houses, often leading to hostile interactions. To resolve this, the principal forms a combined basketball team comprising the best players from all the rival houses to play against a neighbouring school. The students now cheer for this unified team together.
Which method of combating prejudice is highlighted in this situation?
(a) Recategorising by shifting the psychological boundary between the in-group and out-group.
(b) Utilising the extended contact hypothesis to develop positive inter-group feelings.
(c) Fostering observational learning so students can imitate supportive role models.
(d) Introducing persuasive propaganda to systematically challenge irrational beliefs.

Ans :

(a) Recategorising by shifting the psychological boundary between the in-group and out-group.
Recategorisation involves rescheduling the psychological boundary between the 'Us' (in-group) and 'Them' (out-group). By combining the best players from rival houses into a single school team, the principal shifted former out-group members into the in-group. This helps students realise the futility of their previous categorisation, thereby effectively reducing prejudice.

26. Rohit reads an article stating that consuming processed meat is highly detrimental to long-term health. Because of this, he feels deeply anxious whenever he sees hotdogs or sausages being served at parties. Consequently, he firmly declines them and immediately walks away to the salad counter.
Which of the following statements correctly map to Rohit's reactions based on the primary elements that make up our evaluations of objects or situations?
(P) His belief about the food causing health issues represents the thoughts that lead to the development of his evaluation.
(Q) His feeling of deep anxiety represents the outward action or expression resulting from his evaluation.
(R) His action of walking away represents the way of expression or behaviour resulting from his evaluation.
(S) His knowledge regarding the food represents the pleasant or unpleasant emotion associated with the evaluation.
(a) Only (P) and (S)
(b) Only (Q) and (P)
(c) Only (P) and (R)
(d) Only (R) and (Q)

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coloured viewpoints.

Ans :

(b) Rescheduling the boundary between in-group and out-group.
Recategorisation involves actively rescheduling the boundary between the 'US' and 'THEM' categories. When the rival house members unite to form a single school team, the initial enemy out-group members seamlessly become part of the new in-group. This experience helps individuals understand the complete futility of rigid categorizations, thereby reducing prejudice.

20. Despite having a generally positive and accommodating attitude towards management, factory workers decide to participate in a massive strike. They undertake this action strictly to demand better wages to support their families amidst rising living costs.
Which factor primarily overrides their usual attitude and dictates this specific behaviour?
(a) A strong intrinsic drive to uplift their economic status.
(b) A temporary situational constraint preventing spontaneous expression.
(c) A reliance on the peripheral route of information processing.
(d) A tendency to make favourable attributions about out-group members.

Ans :

(a) A strong intrinsic drive to uplift their economic status.
The precise influence of an attitude on subsequent behaviour heavily depends on specific motivational and situational factors. In this particular case, the workers' behaviour of striking is guided by a strong motivational factor—the fundamental need for better living conditions and economic upliftment—which powerfully overrides their generally positive attitude toward management.

21. Meera holds very strong views on environmental conservation. Her stance on this single issue heavily dictates her choices in other areas, such as the brands of clothing she purchases, the political candidates she votes for, and the modes of transportation she uses daily.
Which characteristic of her attitude is most clearly demonstrated in this scenario?
(a) Valence
(b) Centrality
(c) Complexity
(d) Intensity

Ans :

(b) Centrality
Centrality is a fundamental property of attitude indicating how one specific attitude plays a vital role in influencing an individual's other attitudes. In this scenario, Meera's single strong stance on environmental conservation directly dictates her subsequent beliefs and behaviours regarding her shopping brands, political preferences, and daily travel methods.

22. Rohan joins a new college and meets a classmate named Amit. Rohan is initially unsure about how he feels regarding Amit. However, after voluntarily sharing his notes with Amit and helping him with an assignment, Rohan concludes that he must genuinely like Amit.
Which explanation of attitude development is reflected in Rohan's conclusion?
(a) Using personal behaviour towards a subject to deduce one's exact feelings.
(b) Shaping an attitude depending on how the situation satisfies a personal need.
(c) Relying on the evaluation of positive or negative determiners of the object.
(d) Adjusting beliefs to make them similar to people with whom one identifies.

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Ans :

(a) Using personal behaviour towards a subject to deduce one's exact feelings.
According to Ben's Self-perception Theory, when individuals are uncertain about their feelings regarding an issue or person, they rely on observing their own behaviour to form their attitude. Rohan was initially confused but deduced that he possessed a positive attitude towards Amit after noticing his own voluntary, helpful actions towards him.

23. During an election campaign, Sunita watches a political advertisement. She lacks information about the policies discussed and is busy cooking while the ad plays. However, she decides to vote for the candidate simply because the background music is upbeat and the candidate looks very attractive.
Which approach to changing attitudes is Sunita engaging in?
(a) She is adopting a two-sided approach by weighing opposing arguments equally.

about the issue.
(S) The presence of a weak justification completely eliminates the need for the individual to change their original evaluation.
(a) Only (P) and (S)
(b) Only (Q) and (P)
(c) Only (P) and (R)
(d) Only (R) and (Q)

Ans :

(d) Only (R) and (Q)
Cognitive dissonance occurs when behaviour contradicts true attitudes. The 'less-leads-to-more effect' explains that acting contrary to one's attitude for a weak or insignificant reason causes greater dissonance. To reduce this intense discomfort, the individual alters their original attitude, as seen when Karthik trivialises the harm of distributing the plastic bottles.

30. In a corporate office, the marketing team often eats lunch together and praises their own members for being "innovative and hardworking." However, whenever the finance team makes an error, the marketing employees quickly label the entire finance department as "lazy and incompetent," ignoring the fact that they are just severely understaffed.
Which of the following statements correctly identify the group dynamics and biases displayed by the marketing team?
(P) They are demonstrating a tendency to make more favourable attributions about members of their own in-group.
(Q) They are experiencing stereotype vulnerability because they fear confirming a negative trait about their own department.
(R) They are dividing the social world into discrete categories, viewing out-group members inherently more negatively.
(S) They are actively employing inter-group contact hypothesis to find areas of similarities and resolve workplace conflicts.
(a) Only (P) and (S)
(b) Only (Q) and (P)
(c) Only (P) and (R)
(d) Only (R) and (Q)

Ans :

(c) Only (P) and (R)
Social categorisation divides people into 'US' (in-group) and 'THEM' (out-group), leading to prejudice. The marketing team views their in-group favourably while judging the finance out-group negatively. This bias is driven by the ultimate attribution error, where highly favourable attributions are made for the in-group and unfavourable attributions for the out-group.

31. Read the following Assertion and Reason carefully and select the correct option.
Assertion (A): Amit developed a strong negative stance against a particular political party after his grandfather continuously praised him and nodded in approval whenever Amit spoke against them.
Reason (R): Attitudes are acquired by repeating behaviours that are followed by rewards and avoiding responses that are followed by punishments.
(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
According to the process of attitude formation through operant conditioning, individuals acquire attitudes by repeating responses that are followed by rewards, such as praise or approval. Amit's negative stance is actively shaped and reinforced because his grandfather consistently rewards his specific viewpoints with nods and appreciation, confirming the assertion and reason.

32. Read the following Assertion and Reason carefully and select the correct option.
Assertion (A): Rohan, who strongly dislikes eating junk food, agreed to eat a burger just to get a cheap, insignificant complimentary sticker, which led to a significant positive shift in his attitude towards junk food.
Reason (R): When individuals act contrary to their true attitudes for a very significant and highly important reason, they experience greater cognitive discomfort and rapidly alter their original beliefs.
(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but

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54. After being prevented from reaching a sales target by market conditions, a manager baselessly vents his anger by giving an unfairly low performance rating to a junior employee. What origin of prejudice does this situation illustrate?

Ans :

Frustration and aggression

55. In a drought-hit village, intense hatred and hostility develop between two farming communities competing for limited access to a local water reservoir. Name the theory that best explains this intergroup conflict.

Ans :

Realistic Conflict Theory

56. When a member of his own team wins a debate, Vikram credits their intelligence, but when a member of a rival team wins, he heavily attributes it to luck or biased judges. Identify the specific tendency leading to this prejudiced thinking.

Ans :

Ultimate attribution error

57. A female student, aware of the false societal belief that girls are bad at mathematics, becomes highly anxious during a physics exam that she might confirm this belief, and subsequently performs poorly. What psychological phenomenon is she experiencing?

Ans :

Stereotype threat

58. Rajiv's negative bias against a rival neighborhood diminishes simply after he learns that his best friend has formed a close, positive relationship with someone from that neighborhood. Which specific hypothesis explains this reduction in prejudice?

Ans :

Extended contact hypothesis

59. A government health campaign finds that playing awareness messages on rural community radio is far more effective at changing hygiene habits than putting up printed posters. What specific form of prejudice-reduction tool is being utilized here?

Ans :

Propaganda

60. Students who previously fought during inter-house matches put aside their differences and cheer together when the best players from all houses unite to represent the school at the national level. Name the process where the boundary between 'US' and 'THEM' is rescheduled.

Ans :

Recategorisation

61. Rohan wants to buy a luxury bike because it looks great and gives high status, but he avoids it because he reacts negatively to the huge maintenance cost associated with it.
Identify the term used to describe this type of evaluation where an individual holds both positive and negative components towards an object.

Ans :

Ambivalent attitude

62. Whenever Meera hears the name of a specific political leader, she instantly feels a surge of intense anger and displeasure.
Which specific component of an attitude is reflected in Meera's emotional reaction?

Ans :

Affective component

63. Kavita's views on "healthy savings" do not just consist of one idea, but include multiple sub-views about different ways of saving, which scheme gives better returns, and how to increase savings.
Which property of attitude explains the presence of multiple sub-attitudes constituting a broader attitude?

Ans :

Simplicity or complexity

64. Amit strongly dislikes the dessert prepared by his host, but he smiles and finishes it to maintain good relations and not offend them.
Identify the factor that prevents the spontaneous expression of Amit's true negative attitude.

Ans :

Situational factor

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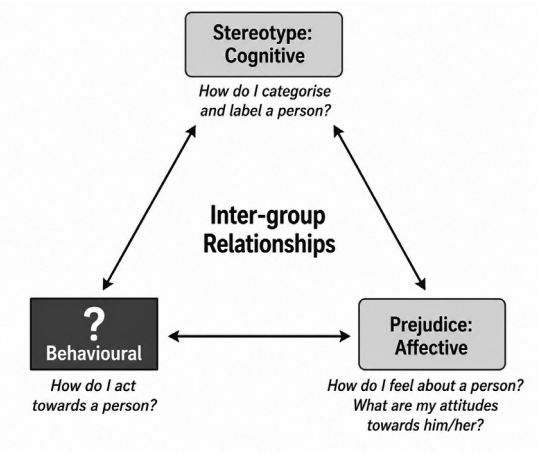
Ans :

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
Both statements are true, and the reason correctly explains the assertion. Recategorisation involves shifting the rigid boundaries of in-groups and out-groups. When rival regional players are merged into a national team, former enemies become part of the new 'US' group. This helps them understand the futility of their previous categorisation, effectively reducing prejudice.

36. Observe the image below and answer the following question.

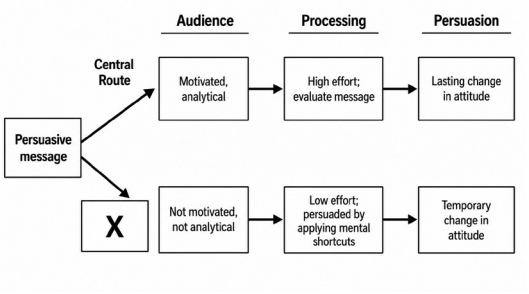

Stereotype: Cognitive
How do I categorise and label a person?
Inter-group Relationships
?
Behavioural
How do I act towards a person?
Prejudice: Affective
How do I feel about a person? What are my attitudes towards him/her?

Observe the diagram mapping the components of attitude in the context of inter-group dynamics. Identify the specific behavioural component that should replace the question mark in the given image.
(a) Social facilitation
(b) Discrimination
(c) Conformity
(d) Scapegoating

Ans :

(b) Discrimination
According to the A-B-C model of attitudes applied to social groups, stereotype represents the cognitive component, prejudice represents the affective (feeling) component, and discrimination represents the behavioural component. Discrimination involves prejudicial treatment or overt actions directed toward individuals based solely on their actual or perceived membership in a specific category or group.

37. Observe the image below and answer the following question.

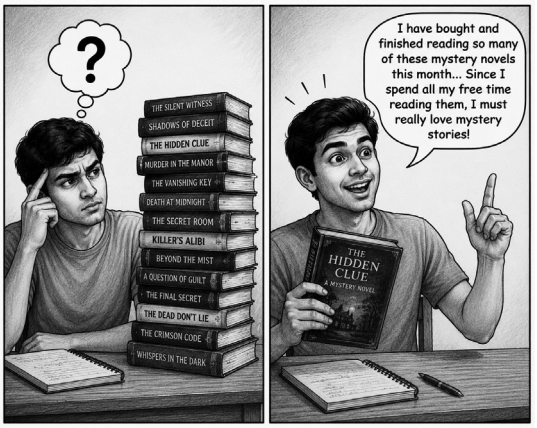


The flowchart illustrates two distinct cognitive pathways for processing persuasive messages. Based on the characteristics of the audience and the resulting attitude change, identify the pathway labeled as 'X'.
(a) Heuristic route
(b) Systematic route
(c) Peripheral route
(d) Evaluative route

Ans :

(c) Peripheral route
The flowchart depicts the Elaboration-Likelihood Model of persuasion. The central route involves high cognitive effort and analytical thinking, leading to lasting change. The pathway labeled 'X' involves low effort, reliance on mental shortcuts, and unmotivated audiences, which leads only to a temporary attitude change. This distinctly characterises the peripheral route to persuasion.

38. Observe the image below and answer the following question.


?
THE SILENT WITNESS
SHADOWS OF DECEIT
THE HIDDEN CLUE
MURDER IN THE MANOR
THE VANISHING KEY
DEATH AT MIDNIGHT
THE SECRET ROOM
KILLER'S ALIBI
BEYOND THE MIST
A QUESTION OF GUILT
THE FINAL SECRET
THE DEAD DON'T LIE
THE CRIMSON CODE
WHISPERS IN THE DARK
I have bought and finished reading so many of these mystery novels this month... Since I spend all my free time reading them, I must really love mystery stories!
THE HIDDEN CLUE
A MYSTERY NOVEL

In the comic strip, Rohan infers his feelings about a specific genre of books strictly by observing his own recent actions, as he was initially unsure of his preferences. Which psychological theory of attitude formation is best demonstrated here?

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Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(c) Assertion is true, and Reason is false.
The assertion correctly illustrates the 'less-leads-to-more' effect, where acting contrary to one's attitude for an insignificant reason creates high cognitive dissonance, prompting a major attitude change to reduce discomfort. The reason is false because when individuals have a significant reason to act contrary, they feel justified, experience less dissonance, and rarely change their original attitude.

33. Read the following Assertion and Reason carefully and select the correct option.
Assertion (A): Sunita, the only female participant in a district-level mathematics competition, felt extremely anxious that any mistake she made would confirm the belief that girls are bad at math, causing her to underperform.
Reason (R): Social categorisation typically divides the social world into two discrete categories, leading human minds to view the members of their in-group more favourably than out-group members.
(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
The assertion is true as it accurately describes stereotype vulnerability, where anxiety about confirming a negative group stereotype undermines an individual's performance. The reason is also a true statement defining social categorisation and its favourable bias towards in-groups, but it does not serve as the explanation for the specific performance anxiety highlighted in the assertion.

34. Read the following Assertion and Reason carefully and select the correct option.

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Assertion (A): Neha, a highly educated individual who possesses vast knowledge about global cultures, is less receptive to rational propaganda and maintains extremely rigid prejudiced boundaries against out-groups.
Reason (R): The process of education inherently restricts cognitive processing, forcing individuals to apply mental shortcuts and rely heavily on peripheral routes when evaluating new social information.
(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(d) Both Assertion and Reason are false.
Both statements are false. The text states that education helps individuals gain knowledge and become enlightened, making them more tolerant, socially adjusted, and receptive to propaganda compared to less educated persons. Furthermore, education broadens cognitive flexibility rather than restricting it to peripheral mental shortcuts, thereby increasing adaptability and reducing rigid prejudices.

35. Read the following Assertion and Reason carefully and select the correct option.
Assertion (A): During an international tournament, players from fiercely rival regional sports clubs put aside their animosity and supported each other when they were combined to form the unified national squad.
Reason (R): Rescheduling the boundaries between 'US' and 'THEM' allows individuals to interact, find areas of similarity, and shifts former out-group members into a newly formed collective in-group.
(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

42. Rohan refuses to eat at a local street food stall because he firmly thinks their hygiene standards will make him sick. Which specific component of the A-B-C model is reflected in his thought process?

Ans :

Cognitive component

43. Whenever Sunita sees a snake on television, she feels an intense surge of fear and a racing heartbeat. Which component of her attitude towards snakes is triggering this reaction?

Ans :

Affective component

44. A politician's stance on secularism heavily dictates her views on education, healthcare, and law. Which property of attitude refers to how one particular viewpoint plays a vital role in influencing other attitudes?

Ans :

Centrality

45. What do the highly favourable, highly unfavourable, and neutral statements in a Likert Scale require the respondents to indicate?

Ans :

The degree to which they agree or disagree with the statements on the given scale.

46. A toddler eventually develops a dislike for the doctor's clinic just by associating the waiting room with the pain of a previous injection. Which process of learning explains this attitude formation?

Ans :

Classical conditioning

47. Rahul starts supporting a particular local sports club after noticing that all his close friends and respected seniors are passionate fans of that club, making him feel his choice is correct. What psychological process is driving his attitude formation?

Ans :

Social comparison

48. Ananya develops a highly positive outlook towards a specific fitness app purely because it successfully helped her track her calories and meet her weight loss goals. Which theoretical model best explains the formation of her attitude based on personal benefits?

Ans :

Functional theory of attitude formation

49. Amit was initially unsure if he liked a new colleague, but after voluntarily helping her with a project and sharing lunch, he concluded he actually likes her company based on his own actions. Name the theory that explains this attitude development.

Ans :

Ben's self-perception theory

NODIA

50. A salesperson trying to sell a vacuum cleaner to a skeptical customer highlights both its exceptional suction power and its slightly heavy weight, thereby winning the customer's trust. Identify the persuasion approach used here.

Ans :

Two-sided approach

51. While watching TV, Kavita buys a brand of shampoo simply because her favourite movie star is endorsing it, without paying attention to the ingredients or product details. Which specific pathway to persuasion has she adopted?

Ans :

Peripheral route to persuasion

52. A student cheats on a test for a very insignificant reason and later experiences immense psychological discomfort, leading to a major shift in his moral attitude. What term describes this phenomenon where acting contrary to one's attitude for weak reasons causes a greater change?

Ans :

Less-leads-to-more effect

53. A landlord refuses to rent his apartment to a family strictly because they belong to a specific religious minority. Identify the behavioural component of the landlord's negative attitude being demonstrated here.

Ans :

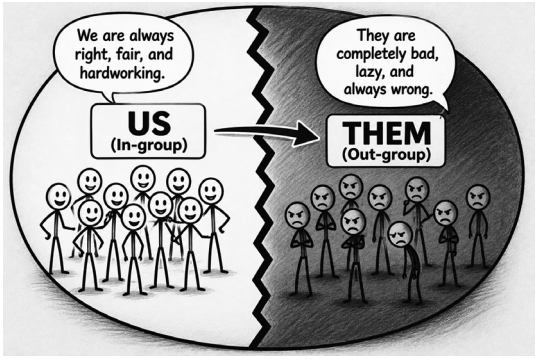
Discrimination

(a) Functional theory of attitude
(b) Classical conditioning
(c) Cognitive evaluation theory
(d) Ben's self-perception theory

Ans :

(d) Ben's self-perception theory
According to Ben's self-perception theory, when individuals are uncertain or confused about their true feelings regarding a particular subject, they form their attitudes by observing their own past or present behaviour. By noticing that he consistently reads mystery novels, Rohan logically concludes that he holds a positive attitude toward that genre.

39. Observe the image below and answer the following question.

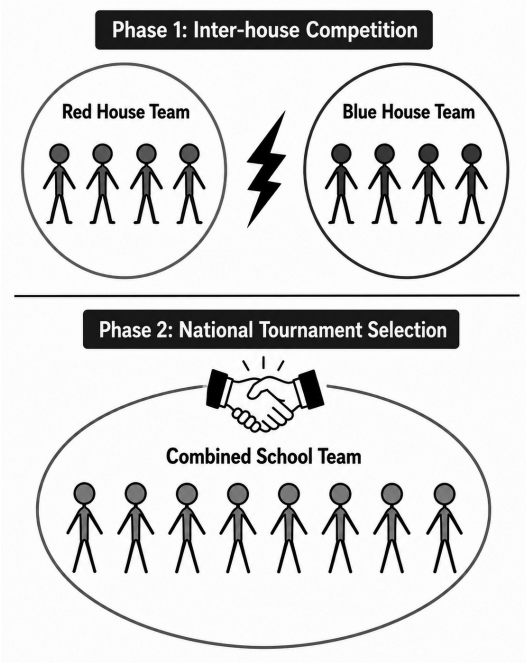


The illustration depicts a phenomenon where individuals divide the social world into discrete groups, leading to favourable attributions for their own group and negative biases against others. Which underlying cause of prejudice is directly represented by this division?
(a) Social categorisation
(b) Realistic competition
(c) Stereotype vulnerability
(d) Inter-group frustration

Ans :

(a) Social categorisation
The image illustrates social categorisation, where the social world is divided into 'US' (in-group) and 'THEM' (out-group). This division naturally leads to prejudice due to the ultimate attribution error, where individuals make highly favourable attributions about their in-group members while holding unfavourable, biased views against members of the out-group.

40. Observe the image below and answer the following question.



The diagram illustrates a specific strategy used to combat stereotypes and reduce prejudice by rescheduling the psychological boundaries between rival groups. Identify this strategy.
(a) Educational enlightenment
(b) Rational propaganda
(c) Recategorisation
(d) Reducing stereotype vulnerability

Ans :

(c) Recategorisation
Recategorisation involves shifting and rescheduling the boundaries between 'US' and 'THEM' to create a new, inclusive superordinate group. As seen in the diagram, combining rival house teams into a single school team helps individuals find areas of similarity, understand the futility of previous divisions, and effectively reduces inter-group prejudice.

ONE MARK QUESTIONS

41. Meera is excited about buying a new smartphone for its excellent camera but is simultaneously highly stressed about the heavy EMIs she will have to pay. Identify the characteristic of her evaluation towards the phone.

Ans :

Ambivalent attitude

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65. A young boy notices his father showing signs of severe discomfort every time he encounters a particular neighbour. Soon, the boy learns to associate these negative reactions and also starts displaying displeasure towards that neighbour.
Name the process of learning through which the boy's attitude was formed based on this association.

Ans :

Classical conditioning

66. Priya was unsure about which college political group to support, but after noticing that all her close friends and seniors highly valued a specific party's ideals, she adjusted her views to match theirs to be correct.
Which process of attitude formation is Priya using to determine if her held views are accurate?

Ans :

Social comparison

67. Rahul developed a highly favourable view of a local diner solely because it served the exact spicy food that satisfied his specific late-night cravings.
Identify the theory which suggests that attitudes are shaped depending on the personal benefits or need satisfaction an individual receives.

Ans :

Functional theory of attitude formation

68. Sneha was unsure how she felt about volunteering at the animal shelter. After she spent three weekends bathing dogs and helping out, she concluded that she must truly care about animal welfare.
Identify the theory that explains how Sneha inferred her exact feelings by observing her own actions.

Ans :

Ben's self-perception theory

69. To convince a hostile audience about a new community policy, the speaker presents arguments supporting the policy as well as acknowledging the arguments against it.
Identify this specific communication strategy used by the speaker to make persuasion more effective.

Ans :

Two-sided approach

70. Aniket buys a brand of toothpaste without much thought, simply because his favourite movie star endorsed it in a flashy advertisement.
According to modern theories of persuasion, which specific route is Aniket adopting by relying on mental shortcuts rather than analyzing the message?

Ans :

Peripheral route

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71. Ravi knows that consuming high-sugar energy drinks is harmful to his health, but he continues to do so by telling himself that "sugar doesn't always lead to diabetes."
Explain briefly the method Ravi is using to reduce the discomfort caused by the inconsistency between his attitude and behaviour.

Ans :

He is reducing the importance of the attitude or behaviour concerned, which is called trivialisation.

72. When individuals act contrary to their attitude for an insignificant reason, they cannot justify their action, experience greater discomfort, and are more likely to change their original attitude.
What is this phenomenon called in social psychology?

Ans :

Less-leads-to-more effect

73. A landlord refuses to rent his apartment to a perfectly eligible family simply because they belong to a specific ethnic community he dislikes.
Which behavioural component of a negative attitude is the landlord exhibiting?

Ans :

Discrimination

74. After being unfairly denied a promotion by his manager, Sunil feels helpless and starts acting aggressively toward his junior colleagues, holding irrational negative views about them.
Identify the specific psychological origin of prejudice depicted in Sunil's behaviour.

Ans :

Frustration and aggression

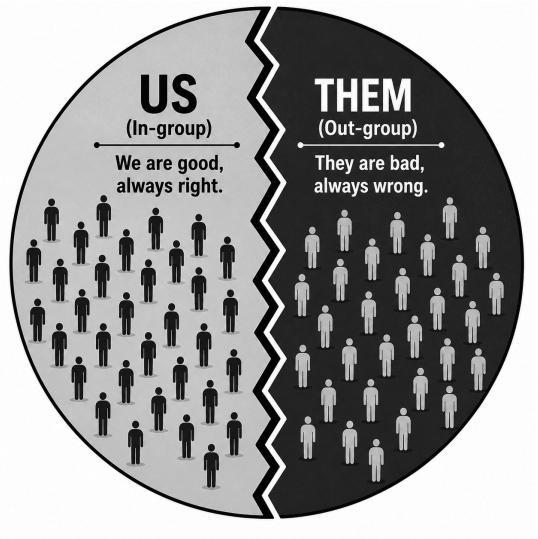
(i) Identify and explain the psychological condition experienced by Meera when her knowledge and behaviour clash.
(ii) Explain two ways in which Meera is trying to reduce her discomfort, as shown in the image or based on psychological concepts.

Ans :

(i) Meera is experiencing a specific psychological condition known as cognitive dissonance, which inherently causes significant mental discomfort for the individual.
   1. Cognitive dissonance is the specific condition when an individual identifies a clear discrepancy or inconsistency between two held attitudes or between their held attitude and their overt behaviour.
   2. In this given scenario, the inconsistency between Meera's knowledge that junk food is highly injurious to health and her actual behaviour of consuming pizza creates a state of induced compliance, making her feel incredibly uncomfortable.

(ii) Meera actively attempts to reduce her internal psychological discomfort through the following specific ways:
   1. By actively acquiring new knowledge or justifications that support her attitude and behaviour. Meera tells herself that she exercises every single day, convincing herself that the junk food cannot possibly harm her physique.
   2. By purposefully altering or modifying her knowledge or reducing the overall importance of the behaviour, known as trivialisation. She engages in positive self-evaluations to justify her contradictory actions and significantly weaken the dissonance.

109. Observe the given image below and answer the following question.



Discuss how the phenomenon depicted in the image acts as a fundamental psychological cause for the origins of prejudice.

Ans :

The provided image clearly depicts social categorisation, which acts as a highly important psychological cause of prejudice, functioning in the following specific ways:

1. People typically divide the complex social world into two discrete categories, distinctly labeled as 'US' and 'THEM'. Individuals segregate people as either belonging to their own group (in-group) or belonging to another entirely different group (out-group).
2. Studies strongly indicate that the human mind usually views the members of the 'US' group much more favourably, while viewing the members of the 'THEM' group far more negatively, systematically developing severe prejudice against out-group members.
3. This rigid social categorisation inevitably leads to the ultimate attribution error, which is the inherent tendency to make more favourable attributions about in-group members and highly unfavourable attributions for members of the out-group.
4. When this arbitrary boundary remains rigid, it actively strengthens stereotyping. Individuals quickly process information that is consistent with their negative beliefs about the out-group, deliberately ignoring any discrepant information, making the prejudice deeply resistant to change.

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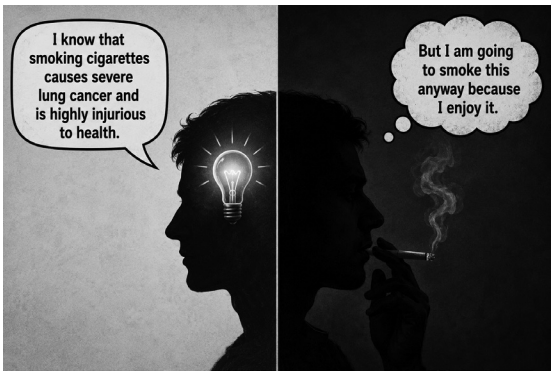
Ans :

Discrimination

83. Analyze the psychological state depicted in the illustration below.

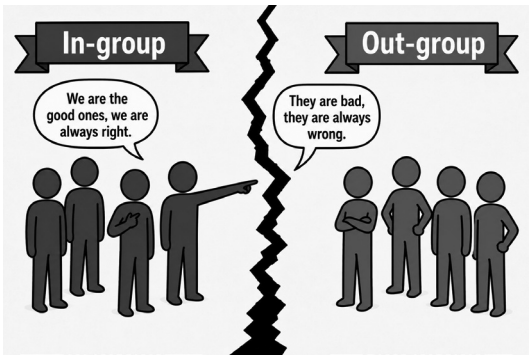

I know that smoking cigarettes causes severe lung cancer and is highly injurious to health.
But I am going to smoke this anyway because I enjoy it.

Name the psychological condition experienced by the individual due to the inconsistency between attitude and behaviour shown in the image.

Ans :

Cognitive dissonance

84. Carefully observe the diagrammatic representation of group dynamics below.



Based on the image provided, identify the specific cause of prejudice that leads individuals to view the social world strictly as 'Us' and 'Them'.

Ans :

Social categorisation

85. Review the two-part sequential image below.

Which specific strategy for combating prejudice and stereotypes is illustrated by the transition from the first to the second scenario?

Ans :

Recategorisation

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86. Study the relation between the first two words/ phrases and then fill in the fourth word.
Thoughts and beliefs : Cognitive component :: Feeling or emotion : _____

Ans :

Affective component

87. Study the relation between the first two words/ phrases and then fill in the fourth word.
Daniel Katz : Functional Theory :: Bem : _____

Ans :

Self-perception theory

88. Study the relation between the first two words/ phrases and then fill in the fourth word.
Adequate knowledge and information : Central route :: Lack of adequate knowledge : _____

Ans :

Peripheral route

89. Study the relation between the first two words/ phrases and then fill in the fourth word.
Stereotype : Cognitive component :: Discrimination : _____

avoidance strategy (behavioural) directed towards the specific attitude object.

104. An environmental NGO wants to launch a campaign to change public attitudes towards water conservation. They are planning the specifics of their outreach to ensure maximum impact and successful attitude change among the masses.
Illustrate any four key determinants that will make their persuasion process highly effective.

Ans :

To ensure their persuasion process is highly effective in changing public attitudes, the NGO must consider several key determinants.

1. The credibility, reliability, and trustworthiness of the communicators are critical. Experts who are highly confident about what they speak and present their viewpoints skillfully will be significantly more persuasive to the audience than non-experts or hesitant speakers.
2. Persuasion may be greatly enhanced through messages that arouse strong emotions among the target audience. If the NGO's message contains a carefully calibrated fear-generating element regarding severe water scarcity, it can act as a helpful catalyst in rapidly changing public attitudes.
3. When facing an audience that initially holds an unfavourable attitude, persuasion becomes more effective by adopting a two-sided approach. Acknowledging counter-arguments while advocating the primary viewpoint makes the audience feel they have heard both sides, increasing acceptance of the intended message.
4. The NGO must analyse the quality and attributes of the listener. Highly intelligent and well-informed people generally resist standard persuasion processes. Furthermore, messages that do not overtly seem to intend to persuade the individual actually tend to be processed much more effectively.

105. Fatima, a highly skilled female pilot, is well aware of the societal belief that women are poor at navigating complex machinery. During a critical simulator test, the anxiety of confirming this negative belief overwhelms her, leading to an uncharacteristically poor performance and lowered self-confidence.
Elaborate on the cognitive framework and the specific condition affecting Fatima's performance.

Ans :

Fatima's situation highlights the severe impact of rigid societal beliefs and the psychological pressure they create on individuals.

1. Fatima is affected by stereotyping, which acts as the cognitive framework of prejudice. Stereotypes propose that all persons belonging to a specific social group possess similar traits. Once formed, this framework exerts a strong influence, causing people to process consistent information quickly while ignoring discrepancies.
2. Specifically, Fatima is suffering from stereotype vulnerability or stereotype threat. This condition occurs when an individual feels extremely anxious because they are acutely aware of a negative stereotype ascribed to their group, and they deeply worry that their current actions will confirm it.
3. This immense psychological pressure tremendously affects the individual's self-confidence and self-esteem. As a direct result of this anxiety and fear of judgement, the person experiences a significantly lowered performance in the targeted domain, despite actually possessing high abilities and requisite skills.
4. This vulnerability can only be reduced by creating an inclusive, nonjudgemental environment. Providing successful role models from the stereotyped group gives members confidence, while encouraging a growth mindset and emphasising an individual's unique identity helps them perform to the best of their ability.

106. Observe the given image and answer the following questions.

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highly favourable disposition towards charity and helping others.

(i) Identify the specific process of social learning through which Rohan acquired this attitude.

(ii) Describe any three other ways attitudes are formed through social learning, apart from the one identified.

Ans :

(i) Rohan acquired this attitude through the process of operant conditioning.

(ii) The other three ways attitudes are formed through the process of social learning include:

1. Classical conditioning involves attitude formation based on association. When a previously neutral stimulus is repeatedly paired with a stimulus that elicits a strong emotional reaction, the individual learns to associate the two, eventually developing a similar attitude towards the initially neutral stimulus.
2. Modeling occurs when an individual learns an attitude by observing and imitating the behaviours of powerful or supportive others. Children frequently observe their parents, relatives, or friends, and subconsciously orient their own attitudes in accordance with those held by influential figures in their environment.
3. Social comparison is the strong human tendency to compare oneself to others to determine if held views are correct. People actively adjust their beliefs and attitudes to align with those of their family or peer groups, ensuring they feel accurate, accepted, and socially validated.

98. An advertising agency is launching a campaign for a highly technical health insurance policy. They want to ensure that professionals carefully process the detailed statistics, logical arguments, and extensive benefits presented in the brochure.

(i) Identify the cognitive approach to persuasion the agency is targeting based on modern theories.

(ii) Discuss the three conditions under which this specific route to persuasion is adopted by an individual.

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Ans :

(i) The agency is targeting systematic processing or the central route to persuasion.

(ii) According to the Elaboration-Likelihood Model, this route is adopted under the following conditions:

1. The individual must possess adequate knowledge and comprehensive information about the persuasive message. Without a solid foundational understanding of the complex topic being presented, the person cannot critically evaluate the detailed arguments or effectively process the sophisticated information provided.
2. The individual must have a lot of time and be highly motivated to think elaborately about the subject. Systematic processing demands significant cognitive effort, meaning the listener cannot be distracted and must actively choose to dedicate mental resources to evaluate the message.
3. The message must be genuinely important and directly relevant to the individual's personal life. When the outcome of the persuasive message significantly impacts their well-being or future, the person will carefully consider the details rather than relying on quick mental shortcuts.

99. Karan is well aware that consuming excessive junk food leads to severe health issues, yet he continues to eat fast food almost every day. This inconsistency between his knowledge and his actions makes him feel extremely uncomfortable.

(i) Identify the psychological condition Karan is experiencing due to this inconsistency.

(ii) Explain three ways Karan might try to reduce this discomfort, providing a relevant example for each based on the scenario.

Ans :

(i) Karan is experiencing a state of cognitive dissonance.

(ii) Karan can attempt to reduce this psychological discomfort through the following ways:

1. By actively altering or modifying his existing knowledge to minimise the perceived dissonance. For example, Karan might convince himself by saying, "I don't really eat that much junk food

Ans :

Behavioural component

90. Study the relation between the first two words/ phrases and then fill in the fourth word.
Direct contact with out-group members : Contact hypothesis :: In-group members having close contact with out-group : _____

Ans :

Extended contact hypothesis

91. State whether the following is True or False.
The affective component of an attitude includes the thoughts and beliefs that lead to the development of a positive or negative evaluation towards a specific object, person, or situation.

Ans :

False

92. State whether the following is True or False.
When individuals are unclear about their own feelings regarding a particular issue, they typically use their own behaviour towards that issue to infer their exact motivations and attitudes.

Ans :

True

93. State whether the following is True or False.
The central route to persuasion is adopted when an individual does not deem the persuasive message to be very important for their personal life and lacks the motivation for elaborate thinking.

Ans :

False

94. State whether the following is True or False.
Individuals who act contrary to their attitude for an insignificant reason experience greater cognitive dissonance, which results in a higher chance of attitude change.

Ans :

True

95. State whether the following is True or False.
Discrimination serves as the cognitive component of prejudice and consists of beliefs regarding the physical appearance, tastes, or behaviour patterns of a particular social group.

Ans :

False

FOUR MARKS QUESTIONS

96. Meera has distinct opinions about various aspects of environmental conservation, such as waste management, renewable energy, and water preservation, which all together form her broader attitude towards global sustainability.
Identify the exact property of attitude reflected in Meera's case.
(i) Identify the specific property.
(ii) Explain any three other properties that constitute an individual's attitude.

Ans :

(i) The property reflected in Meera's case is simplicity or complexity.
(ii) The other three fundamental properties that constitute an individual's attitude are:
1. Valence specifies whether the individual's attitude towards the particular attitude object is fundamentally positive or negative. It determines the basic direction of a person's evaluation, helping observers understand if the individual possesses a favourable or an unfavourable disposition towards the targeted issue.
2. Intensity refers to the extent or degree of extremeness of a person's attitude. It measures exactly how positive or how negative the attitude genuinely is, reflecting the strength of the conviction and the deep emotional weight attached to that particular attitude object.
3. Centrality refers to how a particular attitude plays a highly vital role in influencing and shaping various other attitudes within an individual's cognitive system. A highly central attitude acts as a core foundation, strongly guiding and anchoring multiple related opinions, beliefs, and subsequent behaviours.

97. Rohan noticed his grandfather smiling, nodding, and verbally praising him whenever he shared his lunch with the less privileged children in his neighbourhood. Over time, Rohan developed a

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2. This shared group experience makes people realise that the boundary between in-group and out-group members is not permanently fixed. The initial out-group member shifts into the in-group, revealing the absolute futility of harsh social categorisation and ultimately reducing deeply held prejudices.

102. In a small town, two different ethnic groups vie for the limited government jobs available, leading to intense rivalry and hatred. Meanwhile, the town's residents naturally tend to favour their own community members and make unfavourable assumptions about anyone belonging to the other ethnic group.

(i) Explain the cause of prejudice emerging from the struggle for the limited government jobs.

(ii) Describe the psychological tendency responsible for residents favouring their own community while judging the other negatively.

Ans :

(i) The prejudice emerging from the struggle for jobs is caused by realistic competition.

1. Prejudice frequently emerges from direct competition among different groups for various opportunities and valued resources, such as adequate living, proper jobs, and educational prospects. This continuous struggle naturally leads to intense rivalry and deep-seated intergroup conflicts within the society.
2. This dynamic serves as the basis of Realistic Conflict Theory, which states that when competition increases, members of different groups start viewing each other as direct enemies. Gradually, this simple economic or resource-based competition morphs into intense moral superiority and prejudice.

(ii) The residents' behaviour is driven by social categorisation and the ultimate attribution error.

1. People typically divide the social world into two discrete categories: the in-group ('US') and the out-group ('THEM'). Human minds naturally segregate individuals based on dimensions like ethnic background, usually viewing members of their own group much more favourably than outsiders.
2. This categorisation inevitably leads to prejudice due to the ultimate attribution error. This is the strong psychological tendency to make highly favourable attributions about members of the in-group while simultaneously making highly unfavourable, negative attributions regarding the character of out-group members.

103. Prakash has read extensively about the negative impacts of plastic on marine life and firmly concludes that single-use plastics are destroying the planet. He feels deep sorrow and anger whenever he sees plastic littered on the beach, which prompts him to actively participate in weekend beach cleaning drives and completely boycott plastic bags.

Elaborate how Prakash's reaction illustrates the primary components of an attitude.

Ans :

Prakash's reaction clearly illustrates the A-B-C model, encompassing the three main components of attitude.

1. The cognitive component includes the distinct thoughts and rational beliefs that lead to the development of an attitude. Prakash's extensive reading and subsequent conviction that single-use plastics are actively destroying marine life perfectly represent the cognitive foundation of his attitude.
2. The affective component involves the specific feelings or intense emotions associated with evaluating a particular object or situation. Prakash experiencing deep sorrow and severe anger whenever he witnesses plastic littering on the beach highlights the powerful emotional triggering factor behind his behaviour.
3. The behavioural component is the actual outward expression or observable action that results directly from the held attitude. Prakash's active participation in weekend beach cleaning drives and his strict boycott of plastic bags demonstrate his practical, favourable inclination towards environmentalism and conservation.
4. Together, these three elements form the comprehensive A-B-C model of attitudes. A negative belief regarding plastic (cognitive) triggers a corresponding emotional response of anger (affective), which ultimately translates into a definitive action and

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75. When a member of a rival sports team commits a foul, fans believe it is because the player is inherently malicious, but if their own player commits the same foul, they blame the slippery ground.
Name the tendency that causes people to make favourable attributions for in-group members and unfavourable attributions for out-group members.

Ans :

Ultimate attribution error

76. Geeta, a brilliant mathematics student, performs poorly on a crucial exam after being reminded of the false belief that girls are naturally weak at math, making her highly anxious.
Identify the phenomenon where an individual feels anxious that their actions will confirm a negative belief ascribed to their social identity.

Ans :

Stereotype threat

77. Vikram has never directly met anyone from a rival community, but knowing that his best friend has a close and positive relationship with members of that community significantly reduces Vikram's prejudice.
Which specific hypothesis explains the reduction of Vikram's prejudice without direct contact?

Ans :

Extended contact hypothesis

78. Students from competing school houses who once held bitter prejudices against each other become cooperative and friendly when selected to play together for the main school cricket team.
Identify the process of rescheduling the boundary between 'US' and 'THEM' that facilitated this reduction in prejudice.

Ans :

Recategorisation

79. A researcher gives participants a questionnaire containing highly favourable, highly unfavourable, and neutral statements about environmental policies and asks them to rate their agreement from strongly disagree to strongly agree.
Name the specific psychological scale being used to measure the respondents' attitudes.

Ans :

Likert Scale

80. An individual's deep-rooted belief in non-violence heavily dictates their views on animal rights, diet, parenting, and foreign policy.
Which property of attitude refers to the vital role a particular attitude plays in influencing other attitudes?

Ans :

Centrality

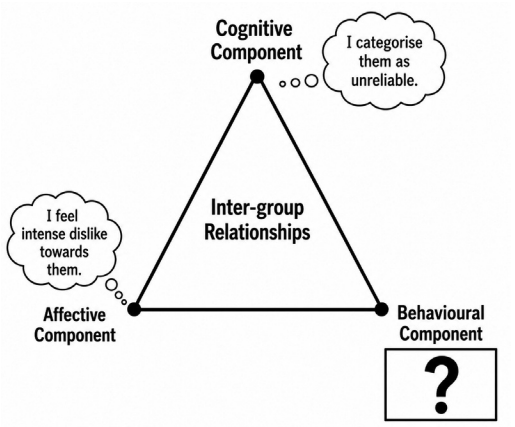
81. Observe the comic strip provided below and answer the question.

Identify the specific theory of attitude formation depicted in Ananya's thought process.

Ans :

Ben's self-perception theory

82. Examine the conceptual diagram given below.



Based on the cognitive framework of prejudice, what specific term replaces the question mark at the behavioural vertex?

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Explain Rahul's reaction to the animal based on the psychological concept depicted in the image.

(i) Identify the psychological model depicted in the image.

(ii) Describe the three components of this model as illustrated by Rahul's specific reactions.

Ans :

(i) The given image clearly depicts the A-B-C model of components of attitude, which explains how attitudes are structured.

(ii) The three main components of an individual's attitude, as illustrated by Rahul's specific reactions towards the dog, are as follows:

1. The cognitive component includes the thoughts and beliefs that lead to the development of an attitude towards an object or situation. Rahul believes that dogs are dangerous animals and will harm him, which forms his negative belief and cognitive evaluation of the attitude object.
2. The affective component is the specific feeling or emotion associated with the evaluation process of a particular object. This is explicitly seen when Rahul feels terrified, sweats profusely, and shakes in fear whenever he comes near the dog, acting as the intense triggering factor.
3. The behavioural component is the actual way of expression or overt behaviour that results from the attitude. Rahul actively acts unfavourably by screaming and trying to sprint away from the negatively seen attitude object, showcasing avoidance behaviour towards the dog.

107. Observe the given image and answer the questions that follow.

Marketers often use different methods to influence consumer attitudes based on the target audience's processing style.

(i) Identify the route to persuasion targeted by Advertisement B according to the Elaboration-Likelihood Model.

(ii) Describe three conditions under which an individual would adopt the route to persuasion shown in Advertisement B.

Ans :

(i) According to the Elaboration-Likelihood Model, Advertisement B actively targets the heuristic processing or the peripheral route to persuasion.

(ii) An individual is highly likely to adopt the peripheral route to persuasion, using mental shortcuts or focusing on attractive models, under the following specific conditions:

1. The individual does not have adequate knowledge or information about the persuasive message being presented. When the person lacks technical expertise about the mobile phone, they will rely on the attractiveness of the movie star rather than carefully evaluating the specifications.
2. The individual does not deem the message to be very important for his or her personal life. Since the purchase might not be a highly significant decision for them, they are persuaded easily by extraneous events or appealing visuals rather than deep analysis.
3. The individual does not have the required time, is severely distracted by other events, or is simply not motivated for elaborate thinking. In such cases, they use the mental 'rule of thumb' believing the message induces good feelings.

108. Observe the image carefully and answer the questions that follow.

JUNK FOOD CAUSES SEVERE HEALTH PROBLEMS AND OBESITY
CLINIC
HEART DISEASE
HIGH BLOOD PRESSURE
DIABETES
LIVER PROBLEMS
CHOOSE HEALTH, NOT JUNK FOOD
I exercise every single day, so eating this fast food cannot possibly harm my body.

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compared to others," thereby artificially lowering the severity of his unhealthy eating habits.

2. By reducing the overall importance of the attitude or behaviour concerned, a process known as trivialisation. For example, Karan might justify his actions by claiming, "Eating junk food does not always lead to severe health issues for everyone," effectively downplaying the associated medical risks.
3. By acquiring entirely new knowledge that conveniently justifies his current attitude and contradictory behaviour. For example, Karan might conclude, "I exercise rigorously every single day, so eating fast food cannot possibly harm my physical health," using his workout routine to balance his poor diet.

100. A school decides to merge students from two rival communities into a single project team to reduce hostility. The principal ensures that the students work together closely to achieve a common grade, rather than competing.

(i) Identify the psychological phenomenon being used by the school to combat stereotypes.

(ii) Discuss any three necessary conditions under which this method effectively resists prejudice.

Ans :

(i) The school is utilizing the contact hypothesis (or inter-group contact) to combat stereotypes.

(ii) Inter-group contact successfully resists prejudice only under these specific conditions:

1. The groups interacting must belong to a more or less equal social status. If one group perceives itself as significantly superior to the other, the interaction may reinforce existing stereotypes rather than allowing individuals to discover genuine areas of similarity and mutual respect.
2. The contact between the groups must heavily involve mutual cooperation and interdependence. Working collaboratively towards a shared goal, rather than competing against one another, fosters positive feelings, builds trust, and actively dismantles the rigid beliefs associated with negative out-group stereotypes.
3. The contact must ensure that each group gets to know the members of the out-group individually. Personalised interactions help individuals receive sufficient stereotype-inconsistent information, making them realise that out-group members are unique individuals rather than a homogenous, negatively labelled collective.

101. A local government initiates a mass media campaign using prominent sports stars to deliver rational messages urging citizens to stop discriminating against migrants. Simultaneously, a community centre organises mixed-team sporting events where locals and migrants play together on the same side.

(i) Explain the psychological method being employed by the local government to reduce prejudice.

(ii) Discuss the strategy used by the community centre to alter the boundaries between groups.

Ans :

(i) The local government is utilizing propaganda to effectively combat prejudice.

1. Propaganda disseminated through various communication channels like television and movies is highly effective in systematically reducing prejudiced attitudes. Rational appeals, when delivered confidently, prove much more persuasive than purely emotional messages in successfully altering rigid public viewpoints.
2. The impact of propaganda increases significantly when the message is delivered by a prestigious or highly respected speaker. Using attractive sports stars and engaging visual media captures public attention, effectively challenging and dismantling deeply ingrained societal stereotypes.

(ii) The community centre employs recategorisation to alter social boundaries.

1. Recategorisation involves rescheduling the rigid psychological boundaries that divide people into discrete 'US' and 'THEM' categories. By placing members of rival groups onto the same sports team, individuals are forced to interact closely and discover shared areas of similarity.

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110. Observe the given image below and answer the following question.

The students in the image successfully overcame their mutual hostility. Elaborate on the contact hypothesis and the four essential conditions required to successfully resist prejudice through this method.

Ans :

The image perfectly illustrates the contact hypothesis, demonstrating that proper direct contact with out-group members reduces prejudice significantly under four essential conditions:

1. The interacting groups must belong to more or less the exact same social status. When both groups of teenagers participate as absolute equals in the gardening task, they do not feel historically inferior or superior, which effectively prevents the reinforcement of older biases.
2. The contact between the two groups must actively involve deep cooperation and interdependence. The groups cannot merely exist in the same space; they must directly rely on each other to plant the saplings and successfully achieve their shared community goal.
3. Each group must genuinely view the members of the out-group as typical representatives of their respective group. This helps in effectively negating the rigid beliefs associated with stereotypes by receiving sufficient stereotype-inconsistent information during the ongoing positive interaction.
4. The contact must consistently ensure that each group gets to deeply know the members of the out-group individually. Personal interactions allow them to identify mutual similarities, which eventually generates lasting positive feelings and likings towards out-group members.

111. Meera believes that stray animals carry dangerous diseases. Whenever she sees a stray dog, she feels terrified and immediately crosses the street to avoid it.
With reference to the above scenario, answer the following questions:
(i) Identify the model of attitude components illustrated here.
(ii) Explain the three components of this model using the given scenario.

Ans :

(i) A-B-C model of components of attitude.
(ii) The model suggests that attitude comprises three interconnected components that work together, which are explained as follows:
   1. Affective component: This is the feeling or emotion associated with the evaluation process of a particular object, person, or situation. These emotions can be pleasant or unpleasant, acting as the primary triggering factor behind the intensity of the resulting behaviour.
   2. Cognitive component: This includes the thoughts and beliefs that lead to the development of an attitude towards a specific stimulus. Positive beliefs create favourable feelings, while unfavourable beliefs about an object strictly lead to a negative attitude towards it.
   3. Behavioural component: This refers to the way of expression or action that directly results from the attitude. Individuals may act favourably by showing inclination towards positively seen objects, or unfavourably by displaying complete avoidance towards negatively seen objects.

112. Rajesh was struggling with severe back pain for months. He purchased a specific brand of ergonomic chair that completely cured his pain. Consequently, he developed a highly favourable view of this furniture brand.
With reference to the above, answer the following questions:
(i) Identify the specific theory of attitude formation and name the theorist who proposed it.

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Ans :

(i) The A-B-C model of components of attitude.
(ii) Rohan's reaction can be broken down into three distinct components according to the psychological model:
1. Cognitive component: This includes the thoughts and beliefs leading to the attitude development towards a specific object or situation. In this scenario, Rohan's firm belief that the spider is a dangerous entity that will inevitably bite and cause him physical harm represents the cognitive aspect.
2. Affective component: This refers to the feelings or emotions associated with the evaluation process of a particular object, person, or situation. Here, Rohan's racing heart and intense feeling of fear or terror upon spotting the spider act as the triggering emotional factor behind his resulting behaviour.
3. Behavioural component: This is the way of expression or actual behaviour that directly results from the attitude held by the individual. Rohan's overt action of avoiding the negatively seen attitude object, and immediately running out of the room for help, perfectly illustrates this behavioural response.

132. Little Aisha observes her mother continuously expressing warmth and offering food to the stray dogs in their neighbourhood. Whenever Aisha attempts to pet the dogs, her mother smiles and praises her. Over time, Aisha also develops a deep fondness for animals.
(i) Identify the broad process of attitude formation taking place in Aisha's case.
(ii) Explain three specific mechanisms through which her positive attitude is being acquired in this context.

Ans :

(i) Attitude formation through Social Learning.
(ii) Aisha acquires her positive attitude towards animals through the following specific social learning mechanisms:
1. Attitude formation through classical conditioning: This involves learning based on association. Aisha repeatedly observes her mother's positive emotional reactions and warmth whenever stray dogs are around. Initially neutral, Aisha learns to associate these pleasant, positive feelings of her mother with the dogs, thereby acquiring a similarly positive attitude.
2. Attitude formation through operant conditioning: This involves learning where behaviours followed by rewards are repeated. When Aisha attempts to pet the dogs, her mother rewards her with smiles and words of praise. This approval strongly reinforces her positive behaviour, making her learn and maintain this favourable attitude.
3. Attitude formation through modeling: An individual learns attitudes by observing the behaviours of others or imitating them, especially when models are perceived as warm and supportive. Aisha directly imitates the supportive behaviour of her mother, who is a powerful and primary role role model in her family environment.

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133. Amit, a medical student, is fully aware of the severe health hazards of a sedentary lifestyle and poor diet. However, he frequently consumes junk food and avoids exercise due to study pressure, which makes him feel highly uncomfortable about his lifestyle choices.
(i) Identify the psychological condition Amit is experiencing due to his inconsistent actions.
(ii) Explain three ways Amit might attempt to psychologically reduce this resultant discomfort.

Ans :

(i) Cognitive Dissonance.
(ii) Amit can effectively reduce the discomfort caused by the clear conflict between his attitude and behaviour in the following ways:
1. Altering or modifying knowledge: Amit might attempt to completely alter his existing knowledge base to reduce the psychological discomfort. He could convince himself with modified beliefs, such as telling himself, "I don't really eat that much junk food compared to other medical students in my batch."
2. Reducing the importance (trivialisation): He can diminish the significance of the attitude or behaviour concerned to make it seem less impactful. Amit might justify his actions by thinking, "Eating fast food occasionally during extreme

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internal discomfort.

Ans :

(i) Cognitive dissonance.

(ii) Individuals try to aggressively reduce this uncomfortable inconsistency between their attitude and behaviour in the following ways:

1. Modifying knowledge: A person can alter or modify their existing knowledge to reduce the dissonance or discomfort, such as convincing themselves they do not actually consume unhealthy food excessively.
2. Trivialisation: Individuals may drastically reduce the importance of the attitude or behaviour concerned, convincing themselves that eating fast food does not always directly lead to severe health diseases.
3. Acquiring new knowledge: A person can acquire fresh information that justifies their contradictory behaviour, like believing that because they exercise rigorously every day, the unhealthy food cannot harm them.

116. Priya reads detailed technical specifications and expert reviews before purchasing a new smartphone. On the other hand, Rohan purchases a smartphone simply because a famous celebrity endorsed it, without evaluating its actual features.

With reference to the modern theories of persuasion, answer the following questions:

(i) Explain the cognitive route Priya utilized to be persuaded.

(ii) Explain the cognitive route Rohan utilized to be persuaded.

Ans :

(i) Priya adopted the central route to persuasion, which involves systematic processing in the following ways:

1. The individual possesses adequate knowledge and detailed information about the persuasive message and genuinely deems it highly important and relevant for their personal life.
2. The person has a lot of time and is highly motivated to think elaborately about the message, ensuring they put high effort into evaluating the information thoroughly.

(ii) Rohan adopted the peripheral route to persuasion, which relies heavily on heuristic processing in the following ways:

1. The individual completely lacks adequate knowledge about the persuasive message and does not deem the information to be very important for their personal life.
2. The person applies mental shortcuts, believing that attractive communicators or experts induce good feelings, thereby processing the persuasive message automatically with very low effort.

117. Ramesh strongly dislikes his neighbour's cooking, yet he eats it politely at a community dinner. A week later, feeling underpaid at his job, he actively joins a vigorous protest demanding better wages from his employer.

With reference to the disconnect between attitude and behaviour, answer the following questions:

(i) Discuss the factor restricting Ramesh's behaviour at the community dinner.

(ii) Discuss the factor guiding his behaviour during the protest.

Ans :

(i) Ramesh's polite behaviour at the dinner party is governed strictly by situational factors:

1. Situational pressures frequently prevent the spontaneous expressions of our true internal attitudes, effectively restricting individuals from acting according to their genuine feelings.
2. In order to continuously maintain good relations with friends or significant people in our lives, we often suppress negative behaviours, such as refusing an unpalatable dish.

(ii) Ramesh's active participation in the protest is governed heavily by motivational factors:

1. The expressed attitude and the consequent behaviour of a person can be intensely guided by the underlying motivational factors driving the individual's current life circumstances.
2. The pressing need for better living conditions and the necessary upliftment of economic status play the stronger motivational role, prompting the employee to engage in agitation.

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(ii) Explain how attitudes are shaped according to this theory.

Ans :

(i) Functional Theory of Attitude Formation proposed by Daniel Katz.

(ii) This theory proposes that attitudes are shaped based on how a particular thing satisfies personal needs, explained as follows:

1. Attitudes are formed depending heavily on the personal benefits an individual has received from a particular situation, experience, or object in their daily life.
2. If a person finds that a specific object successfully satisfies their underlying requirement, they naturally grow a highly favourable attitude towards that particular item or entity.
3. Conversely, an unfavourable attitude is quickly formed if the fundamental need is not satisfied in the desired way, leading to negative evaluations of the specific object.

113. A researcher is conducting a survey to understand consumer views on environmental sustainability. While analyzing the data, the researcher specifically looks at how positive or negative the consumers' views are, as well as the extremeness of their opinions.
With reference to the above, answer the following questions:

(i) Identify the property of attitude that measures the extent of extremeness.

(ii) Explain three other major properties of attitudes.

Ans :

(i) Intensity is the property that states the extent of extremeness of the attitude.

(ii) Attitudes consist of various properties beyond intensity, which include the following structural dimensions:

1. Valence: This critical property dictates the specific direction of the attitude. It clearly states whether the overall attitude towards the chosen attitude object is positive or negative.
2. Simplicity or complexity: This refers to how many sub-attitudes actively constitute a broader attitude. For example, a general attitude towards savings may include complex views regarding multiple different savings schemes.
3. Centrality: This property highlights the significance of a particular attitude within an individual's cognitive framework. It refers to how a specific attitude plays a vital role in influencing other related attitudes.

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114. Students of Class XII-A frequently divide their school environment into two distinct groups: themselves and the students of Class XII-B. They believe their class is always right, while viewing the members of Class XII-B highly negatively.
With reference to the above, answer the following questions:

(i) Identify this specific cause of prejudice.

(ii) Explain how this concept operates using relevant terminology from the text.

Ans :

(i) Social categorisation.

(ii) This concept divides the social world into discrete categories, leading to prejudice through the following psychological mechanisms:

1. People continually segregate themselves as either belonging to their own distinct group (termed as in-group or 'US') or belonging to another separate group (termed as out-group or 'THEM').
2. Studies indicate that the human mind usually views the members of the 'US' group much more favourably, while simultaneously viewing the members of the 'THEM' group far more negatively.
3. This rigid division leads directly to the ultimate attribution error, which is the tendency to make favourable attributions for in-group members and unfavourable attributions for out-group members.

115. Vikram is fully aware that consuming fast food daily is severely injurious to his health and can cause severe medical issues. Despite this knowledge, he continues to eat fast food every single day, causing him immense mental discomfort.
With reference to the above, answer the following questions:

(i) Identify the psychological condition Vikram is experiencing.

(ii) Explain three ways Vikram can reduce this

employer's rigid beliefs about the patterns of behaviour, skills, and attributes of the particular ethnic group.
2. Prejudice acts as the affective component, representing the deeply negative attitude or hostile feelings developed against the targeted individuals based solely on their group membership.
3. Discrimination serves as the behavioural component, referring directly to the prejudicial treatment and the less favourable actions taken against the targeted person by the employer.
4. The employer's overt refusal to hire a highly eligible applicant demonstrates exactly how an internal stereotype and prejudice manifest into a visible act of discrimination.

122. Aman joins a new college club without knowing much about it. After a week of volunteering and actively helping organize their main event, he concludes that he genuinely loves the club.
Explain the psychological theory that accurately describes Aman's attitude formation.

Ans :

Bem's self-perception theory effectively explains attitude formation through observing one's own actions in the following precise manner:
1. This significant theory suggests that when an individual remains uncertain or lacks clarity regarding a specific issue, they depend heavily on their own behaviour for attitude formation.
2. When people are unclear or completely confused about their internal feelings and motivations regarding a particular thing, they generally use their outward behaviour to infer exact feelings.
3. Since Aman behaved highly favourably by actively volunteering and helping organize the event, he logically concluded that he possesses a positive attitude towards the club.
4. Consequently, strong attitudes are actively developed as a resultant factor of individuals observing and evaluating their own overt behaviour when prior feelings were absent or unclear.

123. Female students taking an advanced mathematics examination feel extremely anxious about confirming a negative societal belief regarding their group's analytical abilities, which ultimately lowers their test scores.
Explain this psychological condition and discuss ways to reduce its impact.

Ans :

This scenario illustrates stereotype vulnerability, which deeply affects individual performance and can be effectively mitigated through the following approaches:
1. It is a condition where individuals feel intensely anxious because they worry their actions will confirm a negative stereotype specifically ascribed to their distinct social group.
2. This heightened anxiety tremendously affects their self-confidence and self-esteem, which directly results in a severely lowered performance on their part in that specific domain.
3. It can be significantly reduced by building an inclusive environment featuring a nonjudgemental ambience and highlighting successful individuals from the stereotyped group as strong role models.
4. Encouraging a growth mindset that gives more credit to effort than ability, and emphasising an individual's own identity rather than their group, effectively reduces this vulnerability.

124. For an inter-house sports competition, students initially harboured intense hostility towards rival house teams. However, when the best players from all houses were selected to form a single unified school team, the hostility vanished.
Discuss how this specific shift helps in successfully combating prejudice.

Ans :

Recategorisation helps in combating deep-rooted prejudices by effectively shifting cognitive boundaries in the following manner:
1. When the strict boundary between the 'US' (in-group) and 'THEM' (out-group) is rescheduled and recategorised, it actively facilitates positive intergroup contact between previously hostile persons.
2. This newly formed unified team enables individuals to interact closely with others and successfully find areas of similarities between them, which forcefully reduces prior prejudice.

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3. Members quickly realize that the rigid boundary between 'US' and 'THEM' is not fixed, as an initial 'enemy' member of the out-group has shifted to the in-group.
4. This crucial understanding highlights the absolute futility of the 'US' and 'THEM' categorisation, thereby significantly reducing the prejudice against former out-group members.

125. Ravi was unexpectedly prevented from reaching his sales target due to aggressive market competition. Deeply disappointed, he developed a strong hatred and started blaming the junior staff for his failure.
Explain how prejudice originates in such specific situations according to researchers.

Ans :

Prejudice often originates directly from negative emotional states through a psychological process described by researchers in the following way:
1. According to many researchers, when a person is firmly prevented from reaching a desired target by some people, situation or group, he or she becomes deeply frustrated.
2. This deep-seated frustration frequently results in overt aggression or the rapid development of prejudiced attitudes directed entirely towards the perceived source of the blockage.
3. This phenomenon heavily involves victimisation or scapegoating, where the frustrated individual unfairly blames a vulnerable specific group for their own unfulfilled aspirations or failures.
4. Consequently, Ravi's profound frustration over missing his professional target translates directly into a rigid negative attitude and prejudice against the relatively powerless junior staff members.

126. An advertising agency wants to alter the public's careless attitude toward road safety. They plan to use impactful messages and famous experts to ensure their campaign is successful.
Discuss four factors related to the message and communicator that make such persuasion highly effective.

Ans :

The process of persuasion depends heavily on the specific quality of the communicators and the delivered messages, demonstrated as follows:
1. The credibility, reliability, trustworthiness, confidence, and skill of the communicators are critical; experts who present their viewpoints confidently are much more persuasive than non-experts.
2. Persuasion is significantly enhanced when messages successfully arouse strong emotions, particularly if the message contains some kind of fear-generating element to capture the audience's attention.
3. Messages that do not explicitly seem to intend to persuade the individual to change their attitude generally tend to be far more persuasive and accepted by the masses.
4. Adopting a two-sided approach, where the speaker puts forth arguments both for and against the attitude object, makes persuasion highly effective for audiences holding unfavourable attitudes.

127. A young child initially had no fear of doctors. However, after repeatedly seeing his father display severe discomfort and displeasure whenever visiting the clinic, the child also developed an intense fear of doctors.
Illustrate how attitudes are formed through this specific process of social learning.

Ans :

Attitudes are frequently acquired through social learning involving classical conditioning, operating precisely in the following manner:
1. Classical conditioning heavily involves a learning process based entirely on association, where individuals link neutral stimuli with the observed emotional reactions of significant others.
2. Initially, the child remains completely neutral towards the specific attitude object, which in this given scenario is the doctor or the medical clinic.
3. By repeatedly observing his father's visible signs of discomfort and deep displeasure, classical conditioning occurs, and the child learns to associate these negative reactions with the doctor.
4. Through this continuous psychological association, the child subsequently acquires the exact same negative attitude and fear towards the doctor as demonstrated by his father.

128. Two neighbouring communities historically lived in peace. However, when a severe drought limited

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the local water supply, they began fighting over the resource and developed intense hatred toward each other.
Explain the specific theory that describes the emergence of prejudice in this scenario.

Ans :

The emergence of prejudice through rivalry is accurately explained by the Realistic Conflict Theory in the following comprehensive way:

1. Prejudice naturally emerges from intense competition among different groups with respect to various opportunities, valued resources, or other highly desirable commodities within the society.
2. This psychological view proposes that when competition for limited resources increases, members of different groups immediately begin to view all others strictly as dangerous enemies.
3. Members of each group quickly start to perceive themselves as morally superior, which inevitably leads to rivalry, deep hatred, and violent intergroup conflicts within the society.
4. Gradually, this simple competition over shared survival resources completely turns into deep-rooted prejudice and permanent negative attitudes directed aggressively against the opposing social group.

129. A student expresses a strong opinion on a historical event during class. The teacher immediately praises him with a smile and words of approval. Consequently, the student begins to hold this opinion even more strongly.
Describe how this specific learning process shapes and strengthens attitudes.

Ans :

Operant conditioning plays a highly significant role in shaping and strengthening an individual's attitudes through the following behavioral mechanisms:

1. Attitudes are frequently acquired or learned by the process of operant conditioning, which involves learning and repeating all those responses or behaviours that are followed by rewards.
2. People easily influence and shape the attitudes of others by consistently rewarding them with smiles, nods, and words of appreciation for stating views which they themselves favour.
3. Simultaneously, it involves individuals learning to actively avoid expressing those specific responses, behaviours, or attitudes that are typically followed by strict punishments or reprimands.
4. The student gradually acquires a stronger attitude towards the historical event in order to continuously get approved and rewarded by the authoritative figure in the classroom.

130. While studying social cognition, a psychologist explains that the way individuals understand their external world directly dictates their permanent evaluations of it, though not all assumptions lead to intense emotions.
Explain the relationship between perception, belief, and attitude in shaping human thought processes.

Ans :

The crucial relationship between perception, belief, and attitude is fundamental in accurately shaping human thought processes in the following ways:

1. Perception is the absolute foundation of thinking; perceiving the world as friendly and stress-free directly makes an individual's attitude towards the social world highly positive.
2. Belief is the cognitive part of attitude, acting as a strong conviction or assumption that the individual firmly holds true, with or without any actual empirical proof.
3. Both belief and attitude are successfully developed due to continuous perception and learning as the individual attempts to comprehend the external world and its various stimuli.
4. While all attitudes fundamentally have a certain kind of belief towards the attitude object, not all beliefs turn into attitudes because beliefs lack intense motivation or emotion.

131. Rohan has a deep-seated fear of spiders. Whenever he spots one in his room, he believes it will bite and harm him, which makes his heart race, and he immediately runs out of the room seeking help.

(i) Identify the specific psychological model that explains Rohan's holistic reaction to the spider.

(ii) Explain the three components of his attitude as illustrated in the given scenario.

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group membership perfectly exemplifies the behavioral manifestation of his underlying stereotypes and emotional prejudices.

136. During an election campaign, Sunita meticulously reads the detailed party manifestos, carefully evaluating their economic policies before deciding her vote. In contrast, Rahul decides to vote for a party simply because they use a highly attractive movie star in their colourful television advertisements.

(i) Briefly explain the cognitive approach to persuasion adopted by Sunita.

(ii) Briefly explain the cognitive approach to persuasion adopted by Rahul.

Ans :

(i) Sunita has adopted the systematic processing or the central route to persuasion, which requires high effort and evaluation.

1. This route is adopted when the individual possesses adequate knowledge and detailed information about the persuasive message, carefully considering its relevance and critical importance to their personal life.
2. It requires the listener to be highly motivated and have ample time to actively think about the provided information, putting significant analytical effort into processing the core message rather than relying on superficial cues.

(ii) Rahul has adopted heuristic processing or the peripheral route to persuasion, relying primarily on mental shortcuts.

1. This process is adopted when the individual lacks adequate knowledge about the core message, is distracted, or simply does not have the necessary time and motivation for elaborate, analytical thinking regarding the issue.
2. Instead of evaluating facts, the individual is persuaded easily by extraneous events or superficial elements, such as the sheer physical attractiveness of a movie star, automatically associating the message with good feelings and appeal.

137. Priya holds a strongly negative opinion about her demanding manager, yet she always speaks to him with utmost politeness and never voices her dislike in the office. Meanwhile, factory workers who are unhappy with their low wages decide to actively engage in a loud agitation against their employer.

(i) Referring to the relationship between attitude and behaviour, explain the cause behind Priya's actions.

(ii) Explain the cause behind the factory workers' aggressive actions in the given scenario.

Ans :

(i) Priya's polite behaviour despite her negative attitude is driven by immediate environmental constraints and social norms.

1. Situational factor: Often, social and emotional pressures prevent the spontaneous expression of our true attitudes. Priya cannot express her negative feelings openly because workplace norms strictly demand professional decorum and discipline.
2. She restricts her overt behaviour and remains polite to evaluate the consequences of her actions, ensuring she maintains functional relations with significant people like her manager to avoid professional repercussions in the office.

(ii) The factory workers' aggressive behaviour is driven by their underlying drive for fair compensation and survival.

1. Motivational factor: The consequent behaviour of a person is heavily guided by their strong internal motives. The workers actively display their negative attitude through agitation to demand justified and better remuneration against their due service.
2. In this specific scenario, their intense fundamental need for a better living standard and the urgent upliftment of their overall economic status plays the stronger motivational factor, directly overpowering any situational restrictions.

138. A school principal notices immense hostility and rivalry between students of two different houses during sports events. To combat this prejudice and build positive feelings, she decides to organize a joint community service project. Explain four essential conditions required during this direct inter-group contact for her strategy to successfully reduce prejudice.

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exam stress does not always lead to severe long-term health issues or chronic diseases."

3. Acquiring new knowledge: Amit could actively seek out and add new information that successfully justifies his conflicting attitude and behaviour. For example, he might rationalize his habits by stating, "I walk to the hospital wards every day, so this daily physical activity means the junk food cannot harm me."

134. Kavita, a brilliant female engineering student, is constantly reminded by her peers of the belief that women are generally not competent at coding. During her final practical exam, she becomes overwhelmingly anxious that she might confirm this negative belief, which severely lowers her actual performance.

(i) Identify the specific condition affecting Kavita's performance during her practical exam.

(ii) Explain three strategies that an educational institution can implement to successfully reduce this condition.

Ans :

(i) Stereotype threat (or Stereotype vulnerability).

(ii) Institutions can help reduce this vulnerability so students can perform optimally without any fear through these key strategies:

1. Providing an inclusive environment: The institution must actively create and maintain an inclusive environment that fosters a strictly non-judgemental ambience. This ensures that students like Kavita feel safe, valued, and completely free from the pressure of negative societal biases while demonstrating their academic abilities and domain skills.
2. Highlighting successful role models: Introducing successful individuals from the stereotyped group serves as a powerful tool to build confidence. Showcasing accomplished female coders and engineers as role models provides other members of the group with the necessary inspiration and belief that they can achieve similar professional success.
3. Encouraging a growth mindset: The institution should promote a culture that gives significantly more credit to consistent effort rather than innate ability. By encouraging hard work and explicitly emphasizing an individual's unique identity and characteristics rather than their group membership, they can effectively dismantle negative performance anxieties.

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135. Mr. Sharma is a hiring manager who firmly believes that people from a specific rural region are inherently lazy and unpunctual. Due to these strong negative feelings, he outright rejects any job application originating from that region, regardless of the candidate's qualifications.

(i) Identify the behavioural manifestation of Mr. Sharma's negative attitude in this scenario.

(ii) Explain the three interconnected components of his negative inter-group attitude as per the psychological framework.

Ans :

(i) Discrimination.

(ii) Mr. Sharma's negative inter-group attitude involves three interconnected components working together to form his biased worldview:

1. Cognitive Component (Stereotype): This involves his fixed, preconceived beliefs about the social group. Mr. Sharma categorizes and labels the applicants, firmly holding the inaccurate cognitive framework that everyone from this specific rural region possesses similar negative traits, specifically being inherently lazy and highly unpunctual in their professional lives.
2. Affective Component (Prejudice): This represents the negative emotional attitude towards the members based solely on their membership in that social group. His deep-seated biases and negative feelings regarding the rural candidates dictate exactly how he emotionally evaluates them, completely ignoring their individual educational qualifications or true professional capabilities.
3. Behavioural Component (Discrimination): This is the ultimate prejudicial treatment or overt behavior directed towards another person. Mr. Sharma's actual act of refusing a job to highly eligible applicants simply because of their perceived regional

118. The principal of a school notices immense hostility between two student groups. To resolve this, she decides to organize a joint environmental project requiring both groups to work together.
Discuss four conditions under which this method will successfully reduce prejudice.

Ans :

According to the contact hypothesis, proper inter-group contact successfully combats stereotypes and reduces prejudice if the following specific conditions are met:

1. The distinct groups interacting with each other must essentially belong to a more or less similar social status for the established contact to be truly effective.
2. The structured contact between the interacting groups must involve deep cooperation and mutual interdependence rather than engaging in any form of direct hostility or competition.
3. Each group must accurately view the participating members of the out-group as typical and authentic representatives of their respective larger social group during the interaction.
4. The arranged contact must strictly ensure that members of each respective group get sufficient opportunities to know the members of the out-group individually and personally.

119. Sunita initially had no strong views about a specific social movement. However, after noticing that her family members and closest peers actively supported it, she adjusted her views and became a staunch supporter as well.
Discuss the specific process by which Sunita's attitude was formed in this scenario.

Ans :

Attitudes are frequently shaped by comparing oneself to others through the process of social comparison, functioning in the following manner:

1. Social comparison is the fundamental tendency of a person to compare self to others in order to critically determine whether their personally held views are correct or not.
2. People frequently adjust their own views, beliefs, or attitudes to make them highly similar to the attitudes of others whom they deeply value or with whom they identify.
3. Experiencing these adjustments and similarities in viewpoints firmly confirms to the individual that they are completely accurate in their perceptions and understanding of the social world.
4. Consequently, a person develops attitudes aligned with their family, friends, or colleagues to ensure they firmly favour similar ideals and remain socially correct and accepted.

120. A government agency wishes to launch a mass media campaign to eradicate biased societal views against a specific minority community.
Discuss how mass communication can be used effectively to combat such stereotypes.

Ans :

Propaganda through various mass communication channels is a highly effective tool for combating stereotypes and reducing prejudice in the following ways:

1. Studies clearly indicate that utilizing auditory stimuli is generally much more effective in successfully reducing prejudice than relying exclusively on visual stimuli during the campaign.
2. Delivering targeted messages through highly prestigious speakers yields significantly better persuasion results than attempting to change attitudes using only printed materials or text.
3. Employing strictly rational appeals in the messaging is proven to be far more effective in altering prejudiced mindsets than relying solely on emotional appeals.
4. Oral propaganda demonstrates greater effectiveness when systematically delivered to small groups, and utilizing multiple communication channels including pictures and cartoons proves effective in combating stereotypes.

121. An employer firmly believes that members of a specific ethnic group lack professional skills. He intensely dislikes them and openly refuses to offer jobs to eligible applicants from this group.
Explain the cognitive, affective, and behavioural elements present in this specific inter-group scenario.

Ans :

This scenario perfectly illustrates the three components of inter-group relationships and prejudice in the following comprehensive manner:

1. Stereotype represents the cognitive component, which specifically consists of the

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Ans :

According to the psychological principles of inter-group contact, this interaction will successfully resist prejudice only if the following conditions are met:

1. Equal social status: The groups interacting during the community service project must belong to more or less the same social status. If one house feels vastly superior to the other, the interaction may reinforce existing biases rather than eliminating them.
2. Cooperation and interdependence: The contact between the two houses must involve genuine cooperation. They must work together interdependently toward a shared, common goal in the service project, rather than competing against each other for individual recognition or separate rewards.
3. Typical group representation: Each group must view the members of the out-group as typical representatives of their respective house. This ensures that any positive experiences are attributed to the entire rival group, effectively altering the rigid beliefs associated with existing stereotypes.
4. Individualized contact: The community service setup must ensure that each group gets to know the members of the out-group individually. Close, personal interactions allow students to identify genuine similarities between them, generating positive feelings that successfully combat overarching prejudices.

139. Mr. Gupta has a highly comprehensive attitude towards financial savings. He strongly believes that saving money is inherently good, feels extremely positive about investing, considers various diverse saving schemes simultaneously, and this core belief heavily dictates his overall lifestyle choices. Discuss the four properties of attitudes reflected in his behaviour.

Ans :

Mr. Gupta's comprehensive attitude towards financial savings perfectly illustrates the four fundamental properties of attitudes:

1. Valence: This property states whether the attitude towards the attitude object is inherently positive or negative. Mr. Gupta's firm belief that saving money is a good practice indicates a clear positive valence in his attitude towards financial planning and investments.
2. Intensity: This reflects the extent of extremeness of the attitude, detailing exactly how positive or negative it is. Mr. Gupta feeling extremely positive and having a highly deep-seated conviction about investing demonstrates the very high intensity of his financial attitude.
3. Simplicity or complexity: This refers to how many sub-attitudes constitute a broader attitude. His attitude is highly complex because it encompasses views about multiple diverse saving schemes, evaluating which specific financial instruments give better returns and exploring different ways to increase overall savings.
4. Centrality: This refers to how a particular attitude plays a vital role in influencing other distinct attitudes. Mr. Gupta's core belief in saving deeply dictates his broader lifestyle choices, showing that his financial attitude is central to his overall psychological framework.

140. A government health agency is planning a mass media propaganda campaign to persuade the youth to stop consuming tobacco. Drawing from the psychological principles of persuasion, discuss four specific factors related to the communicator and the message that can make this attitude change highly effective.

Ans :

To successfully change the youth's attitude towards tobacco through persuasion, the health agency must utilize the following factors:

1. Credibility and skill of the communicator: The reliability and trustworthiness of the speaker are vital determinants. Experts, such as renowned doctors, who are highly confident about what they speak and present their viewpoints skillfully, are significantly more persuasive than non-experts.
2. Attractiveness of the communicator: Attractive people are generally better at persuading audiences than unattractive individuals. By employing attractive models, popular movie stars, or admired athletes in their campaign, the agency can ensure the youth are more drawn to the anti-tobacco message.
3. Fear-generating messages: Persuasion can be significantly enhanced through messages that arouse strong emotions among the audience. Including a potent fear-generating element,

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such as visually displaying the severe health consequences of lung cancer, is highly helpful in changing the youth's attitude.

4. Adopting a two-sided approach: When the audience holds an unfavorable attitude towards the proposed change, persuasion is more effective if the communicator puts forth arguments both for and against the object. Acknowledging perceived benefits of smoking before systematically dismantling them builds tremendous credibility.

141. Read the conversation below and answer the questions that follow:

Rajat: "Sameer, you are always reading articles about how processed meat causes serious health issues."

Sameer: "Yes, I know it is highly injurious to health and can lead to severe diseases."

Rajat: "Then why did you just order a double sausage pepperoni pizza for lunch?"

Sameer: "Well... I exercise every morning, so eating this once in a while can't really harm me."

Rajat: "You are just making excuses to feel better about your unhealthy habits."

(i) Identify the psychological condition Sameer is experiencing before he makes his excuse.

(ii) Explain any three ways individuals try to reduce the discomfort caused by this condition.

Ans :

(i) Sameer is experiencing cognitive dissonance, a condition involving inconsistency between his attitude and behaviour.

(ii) When individuals face a conflict between their attitudes or between an attitude and behaviour, they try to reduce the resulting discomfort in the following ways:

1. People may alter or modify the existing knowledge that creates the conflict. By changing their thought process, they attempt to reduce the intense feeling of dissonance or psychological discomfort associated with the inconsistent behaviour, such as convincing themselves they do not consume it often.
2. Individuals might engage in trivialisation by consciously reducing the importance of the attitude or behaviour concerned. They convince themselves that the negative consequences are not highly significant or applicable to their specific case, for example, believing that bad habits do not always guarantee disease.
3. A person can proactively acquire new knowledge that justifies their inconsistent attitude and behaviour. They use this new information to balance the conflict, just as Sameer did by using his daily morning exercise routine as a logical justification to negate the harm of processed meat.

142. Read the conversation below and answer the questions that follow:

Aditi: "Rohan, why did you approve the new software vendor? Did you carefully evaluate their technical proposals?"

Rohan: "Honestly, no. The sales representative was highly attractive and very confident. I just trusted her."

Aditi: "But the contract costs millions! You didn't read the specifications?"

Rohan: "I didn't have the time to read the details, and I really don't know much about the software's technical architecture anyway."

Aditi: "That is a very risky way to make corporate decisions."

(i) Identify the specific approach to persuasion adopted by Rohan in this scenario.

(ii) Describe three conditions under which this specific route to persuasion is typically adopted.

Ans :

(i) Rohan has adopted the heuristic processing or the peripheral route to persuasion.

(ii) According to the Elaboration-Likelihood Model and Heuristic-Systematic Model, the peripheral route to persuasion is adopted by individuals under the following specific conditions:

1. The individual does not possess adequate knowledge or sufficient information regarding the persuasive message. Without a strong informational background, they rely exclusively on mental shortcuts or external cues rather than engaging in a deep, systematic evaluation of the presented technical arguments.
2. The person does not deem the message to be very important for his or her personal life or immediate situation. Because the personal relevance is perceived as exceptionally low, they do not feel

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compelled to critically analyse the core contents of the persuasive message.

3. The individual lacks the necessary time, is highly distracted by extraneous events, or simply lacks the motivation for elaborate thinking. Consequently, they are easily persuaded by superficial factors such as the physical attractiveness or perceived confidence of the communicator delivering the message.

143. Read the conversation below and answer the questions that follow:

Karan: "Did you see the students from Westside High at the debate? They are always so arrogant and deceitful."

Yash: "I thought a few of them were actually quite polite and well-prepared."

Karan: "No, they are all bad. Our school's students, on the other hand, are always righteous, fair, and good."

Yash: "You are just dividing everyone into two boxes based on which school they attend."

Karan: "Obviously! We are the good guys, and they are the bad guys."

(i) Identify and explain the cause of prejudice demonstrated by Karan's statements.

(ii) Explain the specific psychological error resulting from this categorisation that leads to prejudice.

Ans :

(i) Karan demonstrates social categorisation, which involves dividing the social world into distinct groups.

1. People divide the social world into two discrete categories, labelled as 'US' (the in-group) and 'THEM' (the out-group). They segregate individuals based strictly on specific affiliations, just as Karan categorises everyone entirely based on their respective school memberships.
2. The human mind naturally tends to view members of the 'US' group far more favourably. Consequently, individuals develop strong negative attitudes and prejudices against members belonging to the 'THEM' group, simply because they are identified as the opposing side.

(ii) This categorisation directly leads to prejudice because it triggers the ultimate attribution error.

1. The ultimate attribution error is the strong cognitive tendency for individuals to consistently make highly favourable attributions regarding the actions and overall behaviours of their own in-group members, automatically viewing them as inherently good and morally superior to outsiders.
2. Simultaneously, individuals make consistently unfavourable and critical attributions about members of the out-group. This biased cognitive processing solidifies their rigid categorisation, firmly reinforcing existing prejudices while actively dismissing any positive traits or achievements exhibited by the out-group members.

144. Read the conversation below and answer the questions that follow:

Mr. Gupta: "The residents of Sector A and Sector B have held negative views about each other for years."

Mr. Ali: "I propose we organise a joint community festival. We must ensure residents from both sectors work together on the committees."

Mr. Gupta: "Will just bringing them face-to-face reduce the hostility?"

Mr. Ali: "Yes, if they interact closely as equals and realise how similar they actually are, the rigid beliefs will break down."

Mr. Gupta: "Let's make sure everyone gets to know each other personally during the preparations."

Discuss the psychological strategy proposed by Mr. Ali to resist prejudice and describe the four specific conditions required for this approach to be successful.

Ans :

Mr. Ali proposes inter-group contact (the contact hypothesis) to combat stereotypes. This strategy effectively resists prejudice only when the following four conditions are carefully met:

1. The distinct groups interacting with each other must belong to a more or less similar social status. Equal status ensures that neither group feels inferior or superior, actively preventing the reinforcement of existing hierarchical stereotypes during their structured social interactions.
2. The direct contact between the two groups must involve mutual cooperation and interdependence. Working together

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towards a shared goal, such as the proposed community festival, forces individuals to constructively rely on one another, thereby fostering unity and significantly reducing animosity.

3. Each group must actively view the interacting members of the opposing out-group as typical representatives of their respective group. This perception helps in altering broad stereotypes when individuals receive sufficient new, inconsistent information that completely challenges their previous rigid beliefs.
4. The structured inter-group contact must ensure that each group gets to truly know the members of the out-group individually. Close, personal interactions allow people to identify underlying human similarities, generating positive feelings that effectively dismantle their deep-seated prejudiced attitudes.

145. Read the conversation below and answer the questions that follow:

Researcher: "How did you develop such a strong positive attitude towards environmental conservation?"

Participant: "Well, growing up, my parents always praised and rewarded me whenever I recycled paper."

Researcher: "Did your interactions with others play a role too?"

Participant: "Absolutely. I constantly watched my older sister volunteer at tree plantation drives and simply imitated her. I also noticed that all my respected peers cared about nature, so I adjusted my views to match theirs."

Researcher: "It seems your social environment heavily shaped your beliefs."

Identify the broad mechanism of attitude formation evident in the participant's experience and explain the four specific processes involved within this mechanism.

Ans :

The participant's attitude was formed through Social Learning, acquired through interactions and observations. The four specific processes are:

1. Classical conditioning involves learning based on association. An individual can develop a specific attitude towards a neutral object or person by repeatedly associating it with the positive or negative emotional reactions consistently exhibited by authoritative figures like their parents.
2. Operant conditioning occurs when individuals learn and repeat responses followed by rewards. The participant developed a positive attitude because they actively received consistent praise, nods, and words of approval from their parents whenever they engaged in targeted conservation behaviours.
3. Modeling happens when an individual acquires an attitude by closely observing and imitating the behaviours of supportive figures. The participant explicitly demonstrates this observational learning by watching their older sister's environmental activities and directly adopting her positive behavioural patterns.
4. Social comparison is the strong psychological tendency to compare oneself to others to determine if personal views are correct. Individuals frequently adjust their attitudes to make them similar to valued peers, ensuring they feel socially accepted and accurate in their perceptions.

146. "The way we feel, think, and act are tightly bound together, shaping our worldview." — Unknown

Meera refuses to travel by airplanes. She strongly believes that flying is highly unsafe and statistically dangerous. Whenever her family plans a flight, she experiences severe panic attacks and opts to travel by train instead. With reference to the scenario, analyze her psychological state.

(i) Identify the psychological model that explains Meera's response to traveling by airplane.

(ii) Explain the three components of this model using Meera's case.

Ans :

(i) The A-B-C model of components of attitude explains Meera's response towards airplanes.

(ii) Meera's attitude consists of the following three main components:

1. Cognitive component: This includes the thoughts and beliefs that lead to the development of an attitude towards an object or situation. Meera's firm conviction and belief that flying is highly unsafe and statistically dangerous forms

the cognitive component, leading to her negative evaluation of airplanes.

2. Affective component: This refers to the feelings, emotions, or affective states associated with the evaluation process of a particular situation. Meera experiencing severe panic attacks and extreme fear whenever a flight is planned clearly represents the affective component, acting as the intense emotional trigger behind her reactions.
3. Behavioural component: This is the way of expression or overt behaviour that directly results from the underlying attitude. Meera's outright refusal to board airplanes and her deliberate choice to travel by train instead perfectly illustrates the behavioural component, showing her active avoidance of the negatively perceived stimulus.

147. "Sometimes, we find ourselves trapped between what we know is right and what we actually do, creating an unsettling psychological discomfort." — Leon Festinger

Rahul knows that consuming excess sugar leads to serious lifestyle diseases. However, he eats chocolates every single day. He feels very uneasy about this habit but continues doing it anyway. Based on the quotation and scenario, address the following:

(i) Identify the specific psychological condition Rahul is experiencing.

(ii) Discuss any three ways by which Rahul might attempt to reduce this discomfort.

Ans :

(i) Rahul is experiencing cognitive dissonance, a condition involving inconsistency between his held attitude and his behaviour.

(ii) Rahul can reduce this psychological discomfort using the following three methods:

1. By altering or modifying knowledge: Rahul might try to change his existing information to lower the discrepancy. He may convince himself that he does not really eat a lot of sugar, thereby reducing the dissonance between his unhealthy chocolate-eating behaviour and his health beliefs.
2. By trivialisation (reducing importance): He can attempt to diminish the significance of his contradictory behaviour. Rahul might justify his actions by arguing that eating sugar does not always lead to lifestyle diseases, thereby making the potential health risk seem much less important to him.
3. By acquiring new justifying knowledge: He might seek new information that supports his current behaviour. For example, Rahul may tell himself that since he exercises vigorously for an hour every morning, eating chocolates daily cannot harm him, thus successfully justifying his contradictory actions.

148. "The way a message is processed depends entirely on the audience's willingness and ability to absorb the information presented to them." — Richard Petty

A company is launching two new advertising campaigns for its premium laptop. Campaign X provides detailed technical specifications and performance benchmarks. Campaign Y simply features a highly attractive, famous movie star smiling with the laptop. Evaluate the psychological mechanisms behind both campaigns.

(i) Describe the processing approach targeted by Campaign X and state when an individual adopts it.

(ii) Describe the processing approach targeted by Campaign Y and state when an individual adopts it.

Ans :

(i) Campaign X utilizes the central route to persuasion (systematic processing) targeted at analytical individuals.

1. This route is adopted when the individual has adequate knowledge and information about the persuasive message, has sufficient time, and is highly motivated to think elaborately about the technical specifications because the purchase is very important and relevant to his life.
2. By focusing on detailed technical specifications and performance benchmarks, the individual puts significant cognitive effort into processing the information. This analytical evaluation of the message's quality typically leads to a more lasting and permanent change in their attitude towards the product.

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(ii) Campaign Y utilizes the peripheral route to persuasion (heuristic processing) based on mental shortcuts.
1. This heuristic process is adopted when the individual lacks adequate knowledge about the laptop, does not consider the message to be deeply important for their personal life, or is distracted and completely unmotivated for elaborate thinking regarding the purchase.
2. Instead of evaluating technical facts, the individual relies on the 'rule of thumb' or the movie star's physical attractiveness, requiring minimal cognitive effort. This process yields an automatic reaction to the persuasive message, usually resulting in only a temporary change in attitude.

149. "Hostility between groups is often not a product of inherent hatred, but rather a tragic consequence of how we divide the social world and compete within it." — Muzafer Sherif
In a corporate office, a sudden reduction in the annual bonus pool creates immense tension between the Sales and Marketing departments. Members of each department start viewing their own team as morally superior and blame the other team for the financial crunch, leading to deep-seated biases. Based on the above quotation and scenario, explain any four psychological or social causes that lead to the origin of such prejudices between groups.

Ans :

The origin of prejudices between groups in society can be attributed to the following psychological and social determinants:
1. Realistic Competition: Prejudice emerges from competition among different groups over valued resources or limited opportunities, like the corporate bonus pool. This competition leads to rivalry and hatred, causing group members to view others as enemies and themselves as morally superior.
2. Social Categorisation: People typically divide the social world into discrete categories of 'US' (in-group) and 'THEM' (out-group). The human mind views the 'US' group favourably and the 'THEM' group negatively, leading to ultimate attribution error and prejudice against the out-group.
3. Frustration and Aggression: When individuals or groups are prevented from reaching a desired target or resource, they experience deep frustration. This frustration often transforms into aggression and scapegoating, resulting in unwarranted prejudice directed towards the people or group they blame.
4. Stereotyping: This involves a cognitive framework where individuals assume all members of a social group possess similar traits. Once acquired, people focus heavily on information consistent with their negative stereotypes and ignore discrepant facts, which strengthens the prejudice against the target group.

150. "Ignorance and isolation are the true parents of bigotry; bringing people together under the right circumstances is the most powerful antidote." — Gordon Allport
A school principal notices severe prejudice and division between students of different socioeconomic backgrounds. To resolve this, she decides to organize a month-long collaborative science fair project, forcing students from both backgrounds to work together in small teams. Discuss the psychological principle the principal is applying and explain the four specific conditions necessary for this method to successfully resist prejudice.

Ans :

The principal is applying the 'Inter-group contact' method (Contact Hypothesis) to reduce prejudice. For this direct contact to be successful, the following four conditions must be met:
1. Equal Social Status: The groups interacting must belong to a more or less similar social status within the context of the interaction. If one group holds a vastly superior position, the contact may reinforce existing stereotypes rather than generate positive feelings.
2. Cooperation and Interdependence: The contact between the students must involve genuine cooperation. They must rely on each other to achieve a common goal, like the collaborative science fair project, which helps break down prejudiced barriers and fosters mutual liking.
3. Typicality of Members: Each group must view the interacting members of the out-group as typical representatives of their respective group. This ensures that the positive experiences and altered perceptions are generalized to the entire stereotyped group, negating rigid beliefs.

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4. Individual Acquaintance: The contact must ensure that individuals get to know the members of the out-group on a personal, individual level. Close, intimate contact allows them to discover shared similarities, overriding the initial categorisation of 'Us' versus 'Them'.

EIGHT MARKS QUESTIONS

151. Kabir is a health instructor who strictly advises his clients to avoid junk food, yet he secretly consumes heavy fast food every weekend. He feels highly uncomfortable about this inconsistency.

(i) Identify the psychological condition Kabir is experiencing.

(ii) Discuss how Kabir can reduce this discomfort along with the condition under which attitude change is most likely.

Ans :

(i) Kabir is experiencing a psychological condition called cognitive dissonance. Social psychologists describe this as an uncomfortable state involving induced compliance, which arises when an individual identifies a clear discrepancy or inconsistency between two strongly held attitudes or between their personal attitude and their actual behaviour.

(ii) When a conflict between attitude and behaviour occurs, it becomes deeply uncomfortable. Kabir can attempt to reduce this psychological discomfort using several specific strategies, while the likelihood of attitude change depends on his justifications:

1. Kabir might attempt to reduce the dissonance by actively altering or modifying his existing knowledge about the situation, essentially convincing himself that he really does not consume that much junk food overall during the weekends.
2. He can firmly utilise trivialisation to reduce the importance of the conflicting attitude or behaviour, reasoning that eating fast food occasionally does not necessarily lead to immediate negative health consequences.
3. He may choose to acquire completely new knowledge that justifies his inconsistent behaviour, actively telling himself that his rigorous daily exercise routine completely neutralises any harmful effects from the junk food.
4. Kabir could avoid reducing the dissonance directly and instead engage in positive self-evaluations, focusing heavily on his other positive qualities, like his overall physical strength, muscular physique, and total lack of medical problems.
5. Social scientists note that if Kabir acts contrary to his established attitude for a highly significant and critically important reason, he can easily justify his action, resulting in weak dissonance and small attitude change.
6. Conversely, the less-leads-to-more effect clearly states that if Kabir acts against his core beliefs for a very weak or insignificant reason, he experiences strong dissonance, which makes a permanent change in his attitude significantly large.

152. Principal Menon notices a growing hostility between two student groups from different social backgrounds. She decides to organise joint community projects to eliminate these negative evaluations.

(i) What is the core hypothesis Principal Menon is applying?

(ii) Explain the conditions and methods required to ensure this intervention successfully combats stereotypes.

Ans :

(i) Principal Menon is actively applying the contact hypothesis, which clearly states that proper and direct contact with members of other out-groups can be highly effective in reducing prejudice against them. This occurs because increased contact allows individuals to successfully identify similarities, thereby generating positive feelings and mutual likings.

(ii) To effectively resist prejudice and actively combat negative stereotypes through inter-group contact and other related psychological methods, the following specific conditions and structured strategies must be carefully implemented within the school environment:

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cognitive framework and its lasting psychological influence:

1. Valence fundamentally states whether the established attitude towards the specific attitude object is distinctly positive or negative in nature; in Meera's unique case, her intense love for the learning platform clearly demonstrates a highly positive valence towards this particular educational resource.
2. Intensity directly states the overall extent of extremeness of the attitude, essentially measuring exactly how deeply positive or intensely negative the attitude truly is; Meera's incredibly strong and overwhelmingly positive views strongly indicate a remarkably high level of psychological intensity.
3. Simplicity or complexity explicitly refers to exactly how many smaller, related sub-attitudes actively constitute a much broader attitude framework; Meera's overarching attitude towards the platform definitely includes multiple specific sub-attitudes regarding its quick accessibility, comprehensive revision materials, and user-friendly interface.
4. Centrality directly refers to exactly how a single, particular attitude plays a highly vital and foundational role in actively influencing various other related attitudes; Meera's strong views on this specific platform directly dictate and centrally influence how she perceives all other educational technologies.

156. Study the exchange given below and respond to the questions:

Anisha: "I want to start a massive community campaign to encourage people to adopt solar energy. How do I ensure they actually change their mindset?"

Raman: "You will need a well-known expert to speak, make sure your message appeals to their emotions, and carefully keep your target audience's characteristics in mind."

(i) Identify the exact process Raman is suggesting to bring about a change in attitudes.

(ii) Based on the chapter, explain six factors or determinants that make this process successful.

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Ans :

(i) The process being suggested by Raman to change the audience's attitude is Persuasion.

(ii) The success of the persuasion process depends on various factors related to the communicator, message, and audience:

1. Credibility of the communicator: The reliability, trustworthiness, confidence, and skill of the communicators act as important determinants. Experts who are highly confident about what they speak and present their viewpoints clearly are always more persuasive than individuals lacking expertise in that field.
2. Emotional appeal: Persuasion can be significantly enhanced through messages that arouse strong emotions among the target audience. If the message contains a fear-generating element, it effectively captures attention and is often highly helpful in changing an individual's previously held attitude.
3. Listener characteristics: The quality or attribute of the listener is an important factor. Generally, intelligent and well-informed individuals resist the persuasion process. Persuasion also depends significantly on the listener's personality traits, self-respect, and their inherent need for social acceptance and approval.
4. Unintended messages: Messages that do not seem to overtly intend to persuade the individual to change his or her attitude tend to be much more persuasive. People are more receptive and open when they do not feel manipulated or forced into changing.
5. Attractiveness of communicators: Attractive people are naturally better at persuading others than unattractive people. This is precisely why advertisers constantly look for highly attractive models and popular movie stars to successfully endorse their products and broadly influence the masses and consumers.
6. Two-sided approach: When the audience holds an unfavourable attitude, persuasion becomes highly effective by adopting a two-sided approach. The speaker presents arguments both for

message automatically without much effort.

154. During a recruitment drive, a hiring manager explicitly rejects a highly qualified candidate because the candidate hails from a specific geographic region, openly stating that people from that region are inherently lazy.

(i) Identify the cognitive component of the manager's attitude.

(ii) Identify the behavioural component of the manager's attitude.

(iii) Discuss five distinct origins that could lead to such negative evaluations.

Ans :

(i) The cognitive component of the hiring manager's negative attitude is defined as a stereotype, which explicitly consists of rigid, preconceived beliefs regarding the specific patterns of behaviour of a particular social group.

(ii) The behavioural component of the manager's negative attitude is strictly termed as discrimination, which directly involves the prejudicial, notably less favourable treatment or deliberate rejection of an individual based on perceived group membership.

(iii) There are several complex psychological, social, and cultural determinants that typically serve as the fundamental origins or root causes of such deeply ingrained prejudice within an individual or a broader society:

1. Prejudice often originates due to frustration and aggression, where an individual prevented from reaching a target becomes frustrated and redirects this aggression as victimisation or scapegoating towards a specific group, leading to intense prejudice against them.
2. Through social learning, children seamlessly acquire prejudiced ideas by hearing or observing their parents, teachers, and mass media expressing biased views, especially when they are actively rewarded or socially approved for imitating these negative attitudes.
3. According to Realistic Conflict Theory, realistic competition for highly valued resources and severely limited opportunities, such as proper jobs and adequate living, leads directly to fierce rivalry, societal intergroup conflicts, and lasting hatred between different factions.
4. Social categorisation naturally divides the social world into discrete 'US' (in-group) and 'THEM' (out-group) categories, where individuals view their own in-group highly favourably and develop strong prejudice against out-group members due to the fundamental ultimate attribution error.
5. Stereotyping acts as the cognitive framework of prejudice, exerting a strong influence by ensuring that individuals quickly process information consistent with the negative stereotype while mostly ignoring discrepant information, making the prejudice highly resistant to change.

155. Meera absolutely loves a particular online learning platform because it perfectly satisfies her need for quick, accessible revision materials. Her views on this platform are incredibly strong, overwhelmingly positive, and directly dictate how she perceives all other educational technologies.

(i) Identify the functional theory of attitude formation depicted here.

(ii) Briefly explain how attitudes are formed according to this specific theory.

(iii) Explain the four distinct properties of Meera's attitude as described in the scenario.

Ans :

(i) The given scenario directly depicts Daniel Katz's functional theory of attitude formation, which fundamentally proposes that attitudes are formed based on need satisfaction.

(ii) This functional theory explicitly suggests that human attitudes are carefully shaped depending entirely on the distinct personal benefits a person actively receives from a particular situation. Therefore, a highly favourable attitude is naturally formed when an object successfully satisfies an individual's specific personal needs. Conversely, an unfavourable attitude develops quickly if the fundamental need is strictly not satisfied in the desired way.

(iii) Based on the provided scenario, Meera's deeply established attitude prominently consists of four specific structural properties that fundamentally determine its overall

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1. The diverse students interacting within these newly formed joint community projects must inherently belong to more or less the exact same social status, ensuring that no single group feels artificially superior or holds disproportionate power over the other during activities.
2. The scheduled direct contact between the different student groups must always involve active, sustained cooperation and mutual interdependence, meaning they must genuinely rely on one another's distinct skills to successfully complete the shared community tasks efficiently assigned by the school management.
3. Each student group must learn to view the participating members of the opposing out-group as completely typical representatives of their respective group, which helps in successfully negating the rigid, inaccurate beliefs previously associated with that social group.
4. The planned intergroup contact must strictly ensure that each group gets to interact and know the individual members of the out-group on a deep, personal level, which actively helps in permanently altering stereotypes when sufficient stereotype-inconsistent information is directly and repeatedly received by them.
5. Principal Menon can heavily encourage recategorisation by deliberately rescheduling the psychological boundary between 'US' and 'THEM' through mixed teams, allowing former out-group members to shift into the inclusive in-group, revealing the absolute futility of their prior rigid categorisation.

153. An electronics brand wants to launch a nationwide campaign for its premium laptop. The marketing team is debating whether to focus on detailed technical specifications or heavily feature a popular movie star.

(i) Describe the cognitive approach that focuses on detailed technical specifications.

(ii) Describe the cognitive approach that relies on featuring the movie star.

Ans :

(i) The approach focusing on detailed technical specifications aligns with systematic processing or the central route to persuasion. Under the Elaboration-Likelihood Model, this specific route is carefully adopted by the audience when the following precise conditions are met:

1. The individual consumer already possesses adequate knowledge and detailed information about the persuasive message, allowing them to thoroughly comprehend the complex technical specifications being presented by the electronics brand.
2. The targeted consumer has a substantial amount of time available and is highly motivated to actively think about the laptop's features and carefully evaluate the strong arguments provided in the advertisement.
3. The persuasive message is deemed highly important and personally relevant for the individual's life or work, prompting them to carefully consider the message and put significant effort into processing the information.

(ii) The approach relying on the popular movie star represents heuristic processing or the peripheral route to persuasion. This alternative cognitive process is typically adopted by the audience when the following specific circumstances occur:

1. The individual consumer simply does not have adequate background knowledge or technical expertise regarding the persuasive message, making them unable to critically analyse the laptop's complex internal hardware specifications.
2. The consumer does not deem the advertised product to be very important or highly relevant for their immediate personal life, leading to a distinct lack of deep involvement with the brand's campaign.
3. The individual does not have the necessary time, is currently distracted by extraneous events, or is completely unmotivated to engage in elaborate, effortful thinking regarding the extensive technical details provided.
4. Consequently, the individual applies mental shortcuts or a 'rule of thumb', relying on the belief that the attractive movie star induces good feelings, allowing them to react to the persuasive

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and against the object. People feel they heard both sides but naturally prefer the communicator's advocated viewpoint.

157. Read the scenario below and answer the questions that follow:
Kabir is a fitness coach who frequently instructs his clients to strictly avoid refined sugar. However, he secretly consumes large amounts of sweets every night. Recently, he has started feeling highly uncomfortable and restless about this clash between his rigid professional advice and his personal actions.
(i) Identify and define the psychological condition that Kabir is experiencing.
(ii) Discuss five ways through which Kabir might attempt to reduce this psychological discomfort.

Ans :

(i) Kabir is experiencing cognitive dissonance. This is a condition where an individual identifies a severe discrepancy or inconsistency between two held attitudes or between their attitude and their behaviour.
(ii) Kabir might attempt to rationally reduce his psychological discomfort in the following five ways:
1. Modifying knowledge: Kabir can try to alter or modify his existing knowledge to reduce the dissonance and discomfort. For example, he might convince himself that he does not really eat that many sweets, artificially minimising the perceived extent of his contradictory behaviour.
2. Trivialisation: He can systematically reduce the importance of the attitude or behaviour concerned. He might justify his actions by thinking that eating sugar at night does not always lead to severe health issues, thereby making the inconsistent behaviour seem entirely trivial.
3. Acquiring new knowledge: Kabir may actively seek out new information that justifies his contradictory attitude and behaviour. He might read articles suggesting that because he exercises rigorously every single day as a coach, the consumed sugar cannot possibly harm his body.
4. Positive self-evaluation: He may focus heavily on the positive qualities he possesses to offset the negative feelings associated with his behaviour. He might think that although he eats sweets, he maintains an excellent overall physique and entirely lacks any other health problems.
5. Less-leads-to-more effect: If Kabir acts contrary to his attitude for a highly significant reason, he will feel less dissonance. However, if he eats sweets for a completely insignificant reason, he experiences greater dissonance, which creates a much higher chance of attitude change.

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158. Analyse the dialogue and answer:
Priya: "I heard the new residents moving in from the northern state are all very rude, uncultured, and loud."
Amit: "I already dislike them without even meeting them. I feel very hostile towards their entire community."
Karan: "As the society secretary, I will actively ensure they are not allowed to rent the vacant flat in our building."
(i) Explain the cognitive, affective, and behavioural components of inter-group relationships demonstrated by Priya, Amit, and Karan respectively.
(ii) Describe four causes that could lead to the origin of such negative attitudes towards another group.

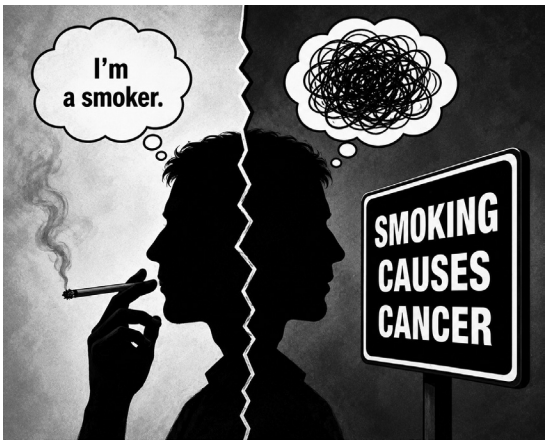
Ans :

(i) The inter-group reactions demonstrated by the three individuals represent different components:
1. Priya displays Stereotyping, which is the cognitive component of prejudice. She holds specific preconceived beliefs about the physical appearance or behavioural patterns of a particular social group, viewing all members of that northern state as possessing identically rude and uncultured traits.
2. Amit displays Prejudice, which is the affective or emotional component. This involves an intense negative attitude and hostile feeling towards the members of a specific social group, developing solely based on their membership in that particular group without any direct personal experience.

(ii) Psychologists suggest several essential methods to control, combat, and successfully resist prejudice in society:

1. Inter-group contact involves direct interaction between members of different social groups to combat stereotypes. This increased contact enables people to identify similarities, generating positive feelings and negating rigid beliefs that all out-group members are identical in their behaviour.
2. According to the contact hypothesis, mere contact is insufficient unless specific conditions are met. Interacting groups must share a similar social status, and their interaction must involve active cooperation and interdependence, ensuring that individuals truly get to know out-group members personally.
3. Propaganda effectively reduces prejudice through mass media channels like newspapers, television, and radio. Studies reveal that auditory stimuli and oral propaganda in small groups are highly impactful, especially when delivered by prestigious speakers using rational appeals to directly combat negative stereotypes.
4. Learning not to hate emphasizes that prejudice is an acquired behaviour transferred by prejudiced elders. When adults choose to develop a tolerant attitude, they unlearn bigoted views and encourage positive interactions, ensuring that the younger generation acquires a much healthier social perspective.
5. Education plays a pivotal role in making people highly tolerant, socially adjusted, and universally adaptive. It enlightens individuals to judge others purely based on positive human qualities, making educated persons significantly more flexible and receptive to inclusive propaganda than less educated individuals.
6. Reducing stereotype vulnerability requires creating safe, inclusive, and entirely non-judgemental environments. By highlighting successful role models from stereotyped groups and encouraging a growth mindset, individuals can perform confidently without the crippling anxiety of confirming a negative stereotype about their specific group.

162. Examine the scenario illustrated below and answer the following questions:



(i) Describe the psychological condition experienced by the individual in the image.
(ii) Discuss the ways an individual tries to reduce the discomfort caused by this condition.

Ans :

(i) The individual is experiencing cognitive dissonance. This is a psychological condition where a person identifies an uncomfortable discrepancy or deep inconsistency between two held attitudes, or between their current attitude and their overt behaviour.

(ii) When a conflict between attitudes or behaviour occurs, individuals attempt to resolve this uncomfortable psychological state in the following ways:

1. Individuals try to reduce discomfort by profoundly altering or modifying their existing knowledge about the situation. For example, a smoker experiencing dissonance might convince themselves that they do not really smoke that much, thereby reducing the immediate psychological conflict between belief and action.
2. Another method is trivialisation, which involves purposefully reducing the importance of the concerned attitude or behaviour. The individual might argue that the negative consequences are exaggerated, claiming that smoking does not always lead to cancer, thus making the inconsistent behaviour seem less significant.

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they deeply value, confirming their perceptions are accurate and socially acceptable.

5. Cognitive Evaluation: A person actively receives information, carefully evaluates its distinct merits and demerits, and accordingly develops an attitude. A positive attitude is successfully formed when the attitude object possesses highly desirable attributes, while undesirable determiners inevitably lead to a decidedly negative evaluation.

160. Examine the following interaction and answer the questions:

Principal: "The students from the blue house and red house are constantly fighting. We need to drastically reduce this hostility."

Counselor: "We should bring them together for a joint project. However, just putting them in the same room isn't enough; specific structural conditions must be met for the interaction to actually reduce their mutual dislike."

(i) Identify the hypothesis suggested by the counselor to combat stereotypes.

(ii) Explain the core premise of this hypothesis.

(iii) Describe the four specific conditions under which this method will effectively resist prejudice.

Ans :

(i) The strategy actively suggested by the counselor is known as the Contact Hypothesis.

(ii) The contact hypothesis states that increased direct contact between different groups helps them identify similarities. This generates positive feelings, negates rigid beliefs, and effectively reduces prevailing prejudices.

(iii) For intergroup contact to successfully resist prejudice, the following four conditions must be carefully met:

1. Equal social status: The groups interacting with each other must essentially belong to more or less the exact same social status. If one group organically holds significantly more power or higher standing, the interaction may reinforce existing stereotypes rather than effectively reducing them.
2. Cooperation and interdependence: The contact between the interacting groups must strictly involve mutual cooperation and systemic interdependence. Working together towards a shared, common goal practically ensures that they consistently rely on each other, which actively breaks down hostile boundaries and builds positive relations.
3. Typicality of members: Each interacting group must view the participating members of the out-group as typical representatives of their respective group. If they are merely seen as rare exceptions, the broader negative stereotype regarding the entire out-group will unfortunately remain completely unchanged and rigid.
4. Individual acquaintance: The structured intergroup contact must genuinely ensure that each group gets to personally know the members of the out-group on an individual basis. Close, highly meaningful interactions allow them to see beyond generic labels and fully appreciate their distinct personal qualities.

161. Analyze the interaction depicted in the illustration and answer the questions that follow:

(i) Identify the specific psychological strategy to resist prejudice shown in the image.

(ii) Explain the distinct ways of resisting prejudice or combating stereotypes as discussed by psychologists.

Ans :

(i) The strategy depicted in the illustration is recategorisation, where the fixed boundary between the 'US' and 'THEM' groups is effectively rescheduled.

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CHAPTER 08
Counselling Psychology

MULTIPLE CHOICE QUESTION

1. Meera is undergoing therapy and reveals a detailed plan to severely injure her former business partner. The therapist decides to inform the police and the former partner about this specific threat.
Which ethical guideline or exception is the therapist following in this situation?
(a) Working alliance mandate
(b) Tarasoff decision
(c) Unconditional positive regard
(d) Congruency principle

Ans :

(b) Tarasoff decision
Maintaining confidentiality is a foundational aspect of therapy. However, it must be broken if the client explicitly threatens to harm themselves or others. The therapist's duty to inform and warn the potential victim or appropriate authorities in such dangerous situations is officially termed the Tarasoff decision as per counselling ethics.

2. A professional is helping a client figure out how their current workplace stress is tied to their daily emotional responses, rather than making them delve deeply into their repressed childhood memories.
Based on this approach, identify the primary nature of the intervention provided to the client.
(a) It is an advanced psychiatric intervention.
(b) It is a comprehensive psychotherapeutic method.
(c) It is a fundamental counselling approach.
(d) It is a standard psychological testing procedure.

Ans :

(c) It is a fundamental counselling approach.
Counselling is primarily a helping approach that focuses on exploring what specific emotional and intellectual experiences lead to the client's current problem. In contrast, psychotherapy encourages the client to recollect earlier, often unconscious experiences, and explore how those past events deeply affect their current psychological distress and underlying personality structure.

3. Rohan, a software developer, has been feeling extremely anxious and depressed due to tight project deadlines and a poor work-family balance. His company's management has recently integrated a professional support system to help employees like him use active problem-solving to reduce stress.
Which specific type of intervention has Rohan's company implemented?
(a) Vocational and career counselling
(b) Academic and school counselling
(c) Couple and family counselling
(d) Workplace and organisational counselling

Ans :

(d) Workplace and organisational counselling
Workplace counselling is implemented in organizational setups to attract and retain capable employees by addressing job-related stress, meeting targets, and work-family balance. It assists both employers and employees through an active problem-solving approach, increasing productivity by significantly reducing stress-related inefficiency and serving as a proactive corporate employee welfare strategy.

4. A therapist observes that while a client verbally insists they are completely relaxed and untroubled by a recent loss, their fists are tightly clenched, their posture is rigid, and they avoid eye contact.
What critical element of effective communication is missing in the client's presentation?
(a) Authenticity between thoughts and actions
(b) Congruency between verbal and non-verbal messages
(c) Empathy towards the therapist's observations
(d) Attention towards the surrounding

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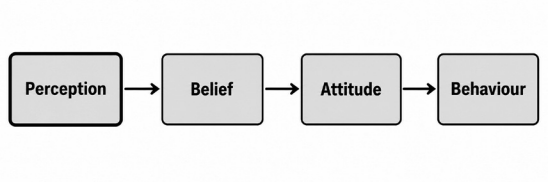
3. People also aggressively reduce dissonance by acquiring new knowledge that completely justifies their conflicting attitude and behaviour. A person might adopt a compensatory belief, concluding that since they exercise every day, the harmful physical effects of their smoking habit are entirely neutralised.
4. Engaging in highly positive self-evaluations allows individuals to focus on their other favourable qualities to offset the negative feelings associated with the discrepancy. They might reassure themselves that despite a bad habit, they possess a generally good physique and experience few health problems.
5. The less-leads-to-more effect explains that acting contrary to one's attitude for a highly significant reason causes minimal dissonance due to easy justification. Conversely, acting contrary for an insignificant reason creates much greater dissonance, thereby increasing the likelihood of an actual, lasting attitude change.

163. Based on the structural model shown below, respond to the following:



(i) Explain the three main components of attitude that determine how it translates into behaviour.
(ii) Describe the four properties of attitude.

Ans :

(i) The A-B-C model outlines the three main interacting components of a person's attitude:
1. The affective component actively involves the specific feelings or emotions associated with evaluating a particular object, person, or situation. These emotional responses can be remarkably pleasant or unpleasant, acting as the primary triggering factor that explicitly determines the intensity of the resulting outward behaviour.
2. The cognitive component thoroughly includes the distinct thoughts and beliefs guiding attitude development. A positive belief regarding an object generates favourable feelings, whereas an unfavourable belief creates a negative attitude, perfectly showcasing how our acquired knowledge directly and permanently shapes our enduring evaluations.
3. The behavioural component is the actual, visible manifestation of the internal attitude through deliberate actions. It clearly dictates whether an individual acts favourably by showing a strong inclination toward a positive object, or acts unfavourably by exhibiting absolute avoidance toward a negatively viewed stimulus in their environment.

(ii) Attitudes universally consist of four essential properties that strictly define their nature and impact:
1. Valence is the fundamental property that establishes the basic direction of the evaluation within an individual's mind. It explicitly states whether a person's attitude towards the specific attitude object, person, or situation is distinctly positive or distinctly negative in its overall orientation.
2. Intensity dictates the exact extent of extremeness inherently present within the expressed attitude. It precisely measures how fiercely positive or deeply negative the attitude actually is, clearly indicating the undeniable strength of the emotional conviction an individual holds towards the specific environmental stimulus.
3. Simplicity or complexity directly refers to how many distinct sub-attitudes constitute a broader, overarching attitude. For instance, an attitude towards personal savings might be highly complex, encompassing several interconnected views about different investment schemes and specific financial strategies for securing better long-term returns.
4. Centrality highlights the undeniable degree of importance a specific attitude holds within an individual's broader psychological framework. It strictly

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3. Karan displays Discrimination, which is the behavioural component. This refers to the actual prejudicial treatment or less favourable behaviour shown towards an individual, actively denying them opportunities like housing based entirely on their perceived membership in a certain targeted category.

(ii) The origin of such deeply negative attitudes can be attributed to the following causes:
1. Frustration and Aggression: When individuals are prevented from reaching a target by a situation or group, they become severely frustrated. This frustration often results in overt aggression, victimisation, or scapegoating, leading to deep prejudice directly targeted against that specific distinct social group.
2. Social Learning: Children actively acquire prejudices by hearing or observing parents, teachers, and friends expressing heavily biased views. They are adept at learning these prejudices when rewarded by others, and mass media often portrays ethnic groups negatively, rapidly shaping these attitudes.
3. Realistic Competition: Prejudice frequently emerges from direct competition among different groups regarding various valued resources and opportunities, such as jobs or housing facilities. This realistic conflict inevitably leads to rivalry, deep hatred, and subsequent severe intergroup conflicts within the broader society.
4. Social Categorisation: People typically divide the social world into discrete categories of 'US' (in-group) and 'THEM' (out-group). The human mind views out-group members negatively, leading to ultimate attribution errors where unfavourable attributions are constantly made against out-group members, successfully fostering rigid prejudice.

159. Based on the conversation below, respond to the following:
Teacher: "How did little Rohan develop such a strong fear of doctors?"
Mother: "Whenever we visit the clinic, he keenly watches me getting nervous and sweating. Also, when he cries at the clinic, his father accidentally reinforces it by buying him a toy to calm him down."
(i) Identify the process of attitude formation where Rohan learns by observing his mother's nervousness.
(ii) Identify the process of attitude formation where Rohan's crying is reinforced by a toy.
(iii) Explain five different ways through which attitudes are formed, as discussed in psychology.

Ans :

(i) The process where Rohan learns by observing his mother's nervousness is called Modeling.
(ii) The process where Rohan's crying is reinforced by a reward is called Operant Conditioning.
(iii) Attitudes are acquired and formed through several different psychological processes and mechanisms:
1. Classical Conditioning: This involves learning based on direct association. When a child repeatedly observes a parent displaying negative reactions towards a specific stimulus, the child learns to associate those negative reactions with the stimulus, automatically acquiring a similarly negative attitude towards it.
2. Operant Conditioning: Attitudes are learned when specific responses or behaviours are followed by rewards, while avoiding those followed by punishments. People dynamically influence and shape others' attitudes by offering smiles, approval, and verbal appreciation when they express favoured or compliant viewpoints.
3. Modeling: Individuals learn attitudes simply by observing the behaviours of others and actively imitating them. This observational learning is significantly greater when the observed models, such as parents or older relatives, are perceived by the learner as highly powerful, exceptionally warm, and supportive.
4. Social Comparison: People possess a natural tendency to compare themselves to others to determine if their views are fundamentally correct. Individuals frequently adjust their own beliefs and attitudes to carefully align with groups

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attribution error' associated with this cause.

(iii) Discuss four other primary causes of prejudice.

Ans :

(i) The exact psychological cause of prejudice clearly illustrated in the given image, which involves dividing the social world into two discrete categories, is known as Social Categorisation.

(ii) The ultimate attribution error is a fundamental cognitive bias where individuals consistently make highly favourable attributions regarding the actions of their own in-group members, while simultaneously making overwhelmingly unfavourable and critical attributions for out-group members, directly fueling inter-group hostility.

(iii) Apart from social categorisation, researchers have identified several other significant psychological, social, and cultural determinants that cause prejudice:

1. Frustration and aggression occur when an individual is completely prevented from reaching a desired target by external factors. This unresolved frustration inevitably leads to scapegoating, resulting in displaced aggression and intense prejudice directed towards the specific group perceived as the responsible obstacle blocking their personal success.
2. Social learning theory proposes that children seamlessly acquire deeply rooted prejudices by constantly observing and imitating biased parents, teachers, and peers. Furthermore, mass media significantly shapes these views by stereotyping ethnic groups, especially when children receive immediate social approval for adopting and expressing these specific prejudiced ideas.
3. Realistic competition theory argues that prejudice directly emerges from intense societal rivalry among different groups competing over scarce, highly valued resources like jobs. This fierce struggle for adequate living opportunities fosters deep hatred, intergroup conflict, and moral superiority, turning basic competition into lasting systemic prejudice.
4. Stereotyping serves as the foundational cognitive framework of prejudice, operating on the entirely flawed belief that all group members share identical traits. Because individuals quickly process stereotype-consistent data while deliberately ignoring contradictory facts, these negative beliefs become deeply entrenched and highly resistant to any rational change.

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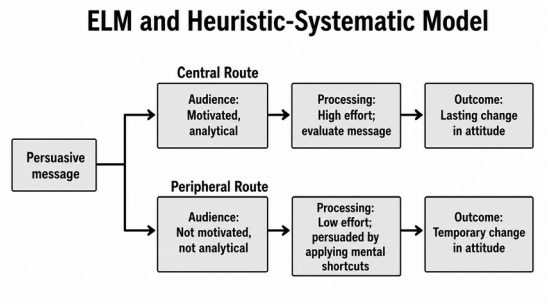
refers to how a particular, deeply rooted attitude plays a consistently vital role in directly influencing, anchoring, and shaping many other related attitudes.

164. Read the following presentation slide and respond to the questions given below:

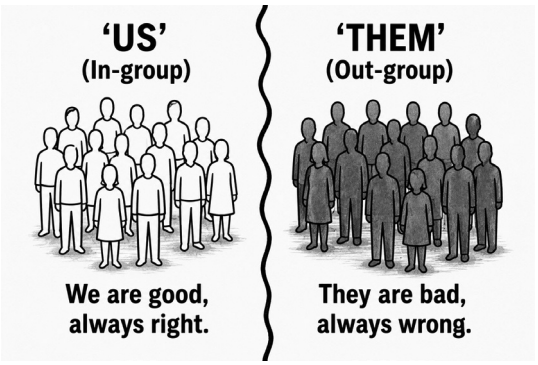

ELM and Heuristic-Systematic Model
Central Route
Audience: Motivated, analytical
Processing: High effort; evaluate message
Outcome: Lasting change in attitude
Persuasive message
Peripheral Route
Audience: Not motivated, not analytical
Processing: Low effort; persuaded by applying mental shortcuts
Outcome: Temporary change in attitude

(i) Identify the specific modern theory of persuasion that features central and peripheral routes as shown.
(ii) State the specific term used to describe the mental shortcuts applied during peripheral processing.
(iii) Explain the distinct conditions under which an individual adopts either the central route or the peripheral route.

Ans :

(i) The specific modern theory of persuasion depicted in the given diagram, which categorizes cognitive information processing into distinct pathways, is the Elaboration-Likelihood Model (ELM).
(ii) The specific term used by social psychologists to accurately describe the automatic mental shortcuts applied during peripheral processing is known as heuristic processing or the 'rule of thumb'.
(iii) An individual's cognitive approach to persuasion heavily depends on motivation, knowledge, and time, leading to two distinct processing routes:
1. The central route to persuasion is actively adopted when the individual possesses entirely adequate knowledge and comprehensive information regarding the persuasive message. This foundational understanding allows them to systematically process arguments and thoroughly evaluate the logical merits of the communication presented by the speaker.
2. Another essential condition for adopting the central route is that the active listener has ample time and remains highly motivated to deeply contemplate the message. They are entirely willing to invest substantial cognitive effort to carefully consider the complex information without rushing to conclusions.
3. The central route is predominantly chosen when the message is deemed highly important and intimately relevant to the individual's personal life. Since the outcome impacts them directly, they meticulously analyze the presented facts, ensuring a lasting, highly stable change in their overall attitude.
4. Conversely, the peripheral route is utilised when the individual severely lacks adequate knowledge regarding the specific persuasive message. Without sufficient background information to properly evaluate core arguments, they naturally depend on superficial cues, such as the communicator's physical attractiveness, vocal confidence, or perceived prestige.
5. The peripheral route is further adopted when the individual is entirely distracted, lacks adequate time, or perceives the issue as completely unimportant to their personal life. Consequently, they apply minimal cognitive effort and rely on heuristic mental shortcuts, resulting in merely a temporary attitude change.

165. Study the thematic illustration provided below and answer the corresponding questions:



(i) Identify the exact psychological cause of prejudice illustrated in the given image.
(ii) Explain the concept of the 'ultimate

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environment

Ans :

(b) Congruency between verbal and non-verbal messages
Congruency refers to the consistency between a person's verbal message and their body language. In this situation, the client's verbal claim of being relaxed completely contradicts their rigid posture and clenched fists. Recognizing this lack of congruency helps the counselor understand the client's true hidden emotional state during the session.

5. During a session, Kabir admits to his therapist that he often acts out of petty jealousy and sabotages his friends' success. Instead of criticizing Kabir or labeling him as a toxic friend, the therapist listens without interruption and validates Kabir's feelings of insecurity.
Which core characteristic of an effective professional is being demonstrated here?
(a) Unconditional positive regard
(b) Culturally sensitive listening
(c) Intrapersonal communication
(d) Accurate paraphrasing skills

Ans :

(a) Unconditional positive regard
Positive regard refers to the non-judgemental acceptance of an individual, giving importance and validation to their feelings. By listening without interruption and refusing to label Kabir's negative behavior, the counselor promotes a trusting environment where the client feels entirely safe to share dark thoughts without the fear of being judged.

6. A therapist trained in a Western educational system expects clients to state their problems explicitly and directly using literal verbal descriptions. However, they struggle to understand a client from an East Asian background who relies heavily on shared contextual understanding and subtle nonverbal cues.
Which factor is creating a barrier in this communication process?
(a) The client's lack of basic communication skills.
(b) The therapist's inability to paraphrase correctly.
(c) The difference between high-context and low-context cultures.
(d) The lack of an established working alliance framework.

Ans :

(c) The difference between high-context and low-context cultures.
The culture in which we are raised heavily shapes our communication styles. East Asian cultures are generally high-context, relying on nonverbal cues and shared understanding to communicate. In contrast, Western cultures are typically low-context, relying on literal meanings and direct messages, which causes the specific misunderstanding described in this scenario.

7. Mr. Sharma, aged 72, recently lost his spouse and has since become extremely apathetic, isolated, and fearful. He frequently expresses paranoid beliefs about his neighbors and struggles to accept the physical changes accompanying his age.
Which specific area of professional assistance is best suited to help Mr. Sharma find new support systems and deal with his grief?
(a) Family crisis counselling
(b) Mental health counselling
(c) Grief and trauma counselling
(d) Geriatric counselling

Ans :

(d) Geriatric counselling
Geriatric counselling is specifically designed to help older adults manage the multi-faceted problems of old age, such as physical changes, alienation, paranoia, and depression. It focuses on helping elderly individuals deal with grief arising from the loss of a spouse and encourages them to find new support systems and enjoyment.

8. During a heated group discussion, a participant makes a deeply offensive remark. Realizing their mistake, they immediately apologize and ask the group to forget what was said, but the emotional damage to the group dynamics has already been done.
Which fundamental characteristic of communication does this situation illustrate?
(a) Communication is irreversible once expressed and received.
(b) Communication does not stop as long as the brain is alive.
(c) Communication initiates a continuous cycle of interactions.
(d) Communication changes constantly due to

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expectations.

Ans :

(a) Communication is irreversible once expressed and received.
A key characteristic of communication is that it is irreversible. Once a word or gesture has been expressed, received, and understood by others, it cannot be deleted or erased. While a person may try to mitigate the impact with an apology, the original communication cannot be entirely reversed or eradicated.

9. Dr. Patel is selecting an assessment tool to evaluate a client's emotional intelligence. Before administering it, she carefully reads the manual to ensure the test actually measures emotional intelligence rather than general cognitive ability, thereby confirming the test does exactly what it claims to do.
Which specific aspect of the psychological test is Dr. Patel verifying?
(a) The norms of the assessment
(b) The validity of the assessment
(c) The reliability of the assessment
(d) The target population of the assessment

Ans :

(b) The validity of the assessment
When administering psychological tests, counselors must ensure clear statements of various testing metrics. Dr. Patel is checking the test's validity, which refers to showing how the test measures exactly what it intends to measure. This is distinct from reliability, which calculates how much error might be possible in the scores.

10. A counsellor is listening to a client narrate a painful experience of job loss. Instead of simply pitying the client or expressing sorrow for their misfortune, the counsellor attempts to mentally place themselves in the client's exact situation to comprehend the depth of their financial and emotional insecurity.
Which essential skill is the counsellor actively applying?
(a) Authenticity
(b) Positive regard
(c) Paraphrasing
(d) Empathy

Ans :

(d) Empathy
Empathy involves standing in the other person's shoes and understanding the situation from their unique perspective. It means the counsellor truly grasps the client's internal experience rather than just feeling sorry for them. This critical skill creates a trusting safe zone for clients to explore and validate their own feelings.

11. Meera, a therapist, is treating a client who expresses a clear and immediate intention to cause physical harm to a colleague. Despite her general rule to keep all client sessions strictly private, she decides to inform the police and the colleague about this threat.
Identify the principle or guideline that requires Meera to break her professional silence in this situation.
(a) Working alliance
(b) Crisis intervention
(c) Tarasoff decision
(d) Unconditional positive regard

Ans :

(c) Tarasoff decision
According to the text, maintaining confidentiality is a crucial aspect of therapy. However, if a client provides explicit indications of harming themselves or others, the counselor is legally and ethically bound to inform the potential victims or authorities. This specific exception to breaking confidentiality is officially termed as the Tarasoff decision.

12. While both approaches aim to help individuals overcome personal problems and bring about positive personality changes, they differ subtly in their therapeutic focus. One approach primarily explores how early, unrecognized experiences affect current behavior, often bringing unconscious memories to light.
Which of the following best describes the focus of the other helping approach, which is more moderate in its level of intervention?
(a) It explores how current emotional experiences have led to the problem.
(b) It conducts an in-depth clinical analysis of severe psychopathologies.
(c) It interprets early childhood dreams to uncover repressed memories.
(d) It emphasizes psychiatric medical interventions and prescribing drugs.

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Ans :

(a) It explores how current emotional experiences have led to the problem.
Psychotherapy encourages exploring early experiences to uncover unconscious reasons for current problems. In contrast, counselling is more of a helping approach that focuses on understanding what specific current emotional and intellectual experiences have led to the client's present issues, usually dealing with specific problems without in-depth psychopathological analysis.

13. Rohan visits a professional to discuss his persistent feelings of inadequacy. The professional listens attentively without interrupting, completely avoids labeling Rohan as "depressed," and validates his feelings without judging him, creating a highly trusting environment.
Which core characteristic of an effective professional is being demonstrated in this interaction?
(a) Cognitive restructuring
(b) Accurate empathy
(c) Authentic self-disclosure
(d) Unconditional positive regard

Ans :

(d) Unconditional positive regard
Positive regard involves the non-judgmental acceptance of an individual and validating their feelings without labeling them. By allowing the client to speak freely and avoiding terms like "depressed," the professional promotes a highly trusting, safe environment where the client can heal emotionally and accept themselves to move toward personal growth.

14. Modern organizational strategies increasingly focus on attracting and retaining the best employees by managing their work-life balance and resolving personal conflicts. Many employers integrate specific support services to maintain a motivated, stress-free workforce.
How is this specific type of support service often viewed by employers in a corporate setup?
(a) As a punitive measure to identify and terminate underperforming personnel.
(b) As an insurance policy against the threat of compensation claims by employees.
(c) As a diagnostic tool to scale the cognitive abilities of newly hired workers.
(d) As a structured method to evaluate technical competencies for promotions.

Ans :

(b) As an insurance policy against the threat of compensation claims by employees.
Workplace counselling assists both the employer and employee by managing job-related stress and personal problems. Employers often view these counselling services as an insurance policy against the threat of compensation claims made by employees exposed to severe work-related stress, while also building a reputation as a caring employer.

15. During a session, Kavita tells her counselor that she is absolutely fine and happy with her current job. However, the counselor notices that she is continuously wringing her hands, avoiding eye contact, and shifting uncomfortably in her chair.
Which specific aspect of communication must the counselor analyze to understand the disparity in Kavita's message?
(a) The impact of cultural background on listening skills.
(b) The biological functioning of auditory reception channels.
(c) The client's ability to effectively paraphrase statements.
(d) The congruency between verbal and non-verbal messages.

Ans :

(d) The congruency between verbal and non-verbal messages.
Body language includes non-verbal cues like gestures, postures, and eye contact. To truly understand a message, a counselor must analyze the similarity or consistency between the client's spoken words and their physical actions. This consistency between the verbal message and body language is explicitly termed as congruency in communication.

16. Communication styles and listening habits are heavily influenced by the cultural background of the individuals involved. In certain cultures, people rely primarily on the literal meaning of words and expect clear, direct messages rather than relying on shared contextual understanding.
Which type of culture typically exhibits this specific communication pattern?
(a) High-context cultures
(b) Low-context cultures
(c) Abstract-oriented cultures
(d) Non-verbal expressive cultures

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This unconditional positive regard is a core component of person-centred therapy, promoting a trusting environment that helps the client heal emotionally, accept themselves, and move on towards holistic personal growth and well-being.

ONE MARK QUESTIONS

41. Ananya is suffering from severe psychopathology and requires an in-depth analysis of the underlying causes of her ongoing problems.
Identify the professional she should approach for specialized therapeutic interventions.

Ans :

A clinical psychologist.

42. During a session, Rohan explicitly tells his practitioner that he plans to severely physically harm his former business partner.
Name the specific legal or ethical guideline that binds the practitioner to warn the intended victim.

Ans :

Tarasoff decision.

43. A distressed client asks her therapist exactly what decision she should make regarding her failing marriage.
According to the fundamental role of a counsellor, how should the therapist handle this request?

Ans :

The counsellor should not give advice, but enable the client to make her own choices and decisions.

44. What is the specific term used to describe the affective bond and collaborative agreement regarding the goals and tasks of therapy between a practitioner and a client?

Ans :

Working alliance.

45. A corporate firm implements a new mental health program to assist employees struggling with tight deadlines and to protect the company against threats of compensation claims.
Identify the specific area of counselling being utilized.

Ans :

Workplace counselling.

46. Prakash, a 75-year-old man, is struggling to cope with the recent death of his spouse and experiences frequent paranoid tendencies.
Which specific area of counselling would best help him find new support systems and deal with his grief?

Ans :

Geriatric counselling.

47. In the rehabilitation of youth who have committed offenses like shoplifting or arson, practitioners often use occupational therapies to identify their talents.
What is the primary purpose of identifying these skills in this context?

Ans :

To place them in proper vocations so that they can earn their future livelihood.

48. While one therapeutic approach mainly explores what emotional experience led to a current problem, another focuses on making the client conscious of childhood experiences they were previously unaware of.
Name the latter approach.

Ans :

Psychotherapy.

49. Dr. Sharma ensures she is transparent and engages in appropriate, balanced self-disclosure, which encourages her clients to fearlessly explore sensitive issues.
Identify the characteristic of a good counsellor demonstrated by Dr. Sharma.

Ans :

Authenticity.

50. A mental health professional listens to a client without interruption and consciously avoids labelling him with traits like "prone to depression."
Name the core component of person-centred therapy that emphasizes this non-judgemental acceptance.

Ans :

Positive regard.

NODIA

Ans :

(d) It promotes peace, happiness, and integration within the society.
The advantages of counselling extend to a social level by acting as a crisis intervention technique. By addressing mild issues like delinquency early, counselling prevents them from becoming severe societal threats. Consequently, this broad application helps government and non-government organizations promote peace, happiness, and integration within the society.

21. Sneha is dealing with a client, Rohan, who during a session mentions a detailed, explicit plan to physically harm his former business partner. Sneha decides to immediately warn the partner and inform the authorities to prevent the incident.
Which of the following justifies her action based on professional guidelines?
(a) A therapist must involve the family whenever a client exhibits uncharacteristic or aggressive tendencies.
(b) A therapist can break confidentiality if the client provides explicit indications of harming self or others.
(c) A therapist is required to share session details with legal authorities to prevent future criminal investigations.
(d) A therapist should seek advice from a clinical psychologist when handling severe psychopathological cases.

Ans :

(b) A therapist can break confidentiality if the client provides explicit indications of harming self or others.
Maintaining confidentiality is crucial in counselling. However, it can be broken if a client provides explicit indications of harming themselves or others. This ethical exception obligates the therapist to inform and warn the potential victims or family members, a key principle widely known in psychological practice as the Tarasoff decision.

22. During his sessions, Dr. Verma allows his client, Aman, to speak freely without interruption. Even when Aman shares thoughts that are socially frowned upon, Dr. Verma responds with validation rather than giving instructions, and carefully avoids labeling him.
Which essential characteristic of an effective helping professional is Dr. Verma demonstrating?
(a) Empathy, as he is trying to experience Aman's situation from a completely shared emotional perspective.
(b) Authenticity, as he remains honest and transparent about his own personal reactions to Aman's thoughts.
(c) Positive regard, as he provides non-judgemental validation of Aman's feelings without imposing instructions or labels.
(d) Paraphrasing, as he restates the main ideas of Aman's speech to ensure proper communication occurs.

Ans :

(c) Positive regard, as he provides non-judgemental validation of Aman's feelings without imposing instructions or labels.
The scenario highlights positive regard, which involves non-judgemental acceptance and validation of an individual's feelings. By allowing the client to speak freely without interruption, avoiding negative labels, and conveying understanding instead of giving direct instructions, the counsellor creates a trusting environment essential for emotional healing and personal growth of clients.

23. A local hospital initiates a program where individuals recovering from similar traumatic experiences gather weekly. Vikram, the facilitator, encourages them to share coping mechanisms, helping participants lessen their feelings of helplessness by realising they have a strong support system.
Based on the characteristics of this intervention, which of the following individuals is least likely to benefit from this specific setup?
(a) A survivor of a shared community disaster who is looking for mutual emotional support and guidance.
(b) A person who struggles with deep-seated isolation and lacks financial resources for expensive treatments.
(c) A senior member of the community who has successfully overcome similar problems in the past.
(d) A highly introverted individual who feels intensely uncomfortable opening up in front of multiple people.

Ans :

(d) A highly introverted individual who feels intensely uncomfortable opening up in front of multiple people.

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Ans :

(b) Low-context cultures
The role of culture significantly influences communication styles. Many Western cultures, which are specifically identified in the text as low-context cultures, rely heavily on the literal meaning of spoken words and expect clear, direct messages for effective communication, unlike high-context cultures that use shared understanding and non-verbal cues.

17. Mr. Sharma, aged 72, recently lost his spouse and has since become extremely apathetic and alienated from his family. He has developed mild paranoid tendencies and refuses to engage in any social activities, fearing his own impending death.
Which specific type of psychological assistance would be most appropriate to help Mr. Sharma find new support systems and deal with his grief?
(a) Geriatric counselling
(b) Family counselling
(c) Delinquency rehabilitation
(d) Adolescent counselling

Ans :

(a) Geriatric counselling
Geriatric counselling addresses multi-faceted problems arising in old age, such as alienation, apathy, mild paranoid tendencies, and the fear of death. It specifically aims to help older individuals deal with grief, find new sources of enjoyment, engage in social activities, and increase their overall sense of self-importance and support.

18. A professional administering psychological assessments must clearly state various technical details about the test before using it to evaluate an individual. One such essential detail involves showing exactly how much error is possible in the obtained scores.
Which psychometric property of the test does this specific requirement refer to?
(a) The empirical validity of the measurement tool.
(b) The statistical reliability of the measurement tool.
(c) The comparative normative data of the assessment.
(d) The designated target population for the assessment.

Ans :

(b) The statistical reliability of the measurement tool.
When administering psychological tests, counselors must rely on clear factual statements about the test's psychometric properties. A clear statement indicating how much error is possible in the obtained scores refers directly to the reliability of the test, ensuring the measurement is consistent and accurate for objective diagnostic evaluation.

19. Aman is describing a complicated argument he had with his parents. His counselor listens carefully and then restates Aman's main ideas in slightly different words, allowing Aman to confirm if the counselor has truly understood the core message of his story.
Which specific component of effective communication is the counselor demonstrating in this interaction?
(a) Maintaining appropriate body language.
(b) Ensuring clear and precise speaking.
(c) Engaging in accurate paraphrasing.
(d) Sustaining continuous eye contact.

Ans :

(c) Engaging in accurate paraphrasing.
Paraphrasing is the communication process where the listener repeats the core ideas expressed by the speaker. It does not require exact words; rather, restating the main message helps the speaker confirm if their intended meaning was properly understood, thus preventing miscommunication and clarifying any underlying gaps in understanding.

20. Psychological guidance provides numerous benefits that extend beyond individual well-being. When implemented as a crisis intervention technique, it can prevent mild problems like delinquency from escalating into severe societal threats.
Which of the following best describes this broader outcome of resolving such issues?
(a) It reduces stress concerning physical and psychological health.
(b) It helps individuals explore hidden potentials and possibilities.
(c) It enables clients to achieve greater self-fulfillment and mastery.
(d) It promotes peace, happiness, and integration within the society.

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Confidentiality is a foundational element in building trust during therapeutic sessions. However, the Tarasoff decision establishes an ethical and legal mandate where a counsellor must break this confidentiality if a client provides explicit indications of harming themselves or others. Therefore, the professional's decision to warn the partner was completely justified.

27. Meera recently moved to a Western country for higher studies and sought help from a student counsellor. While Meera expected the counsellor to understand her distress through her shared background and non-verbal cues without needing to explicitly state everything, the counsellor relied strictly on the literal meaning of her spoken words.
Which of the following statements accurately explain the communication gap experienced in this situation?
(P) Meera belongs to a high-context culture where shared understanding and non-verbal communication are heavily utilized.
(Q) The counsellor's approach reflects a low-context culture that relies on clear, direct messages and literal meanings.
(R) The counsellor is failing to maintain authenticity by refusing to share his own personal experiences during the session.
(S) Meera is demonstrating a lack of attention, which is a basic biological component of the human hearing process.
(a) Only (Q) and (S)
(b) Only (P) and (R)
(c) Only (P) and (Q)
(d) Only (R) and (S)

Ans :

(c) Only (P) and (Q)
Cultural backgrounds heavily influence communication styles. People from East Asian or Indian backgrounds often use high-context communication, relying on non-verbal cues and shared understanding. In contrast, Western cultures typically represent low-context communication, depending heavily on the direct, literal meaning of words, which explains the gap between Meera and her counsellor.

28. Dr. Sharma and Dr. Verma both help individuals overcome personal problems and work towards positive personality changes. However, Dr. Sharma focuses on immediate emotional distress and helps clients find practical ways to cope, while Dr. Verma encourages clients to delve deep into their early childhood experiences to uncover unconscious conflicts affecting their current behavior.
Based on the text, which of the following statements accurately differentiate their professional approaches?
(P) Dr. Sharma is practicing a helping approach that focuses on specific emotional experiences causing the current problem.
(Q) Dr. Verma's approach requires the client to become conscious of previously unaware experiences to understand current issues.
(R) Dr. Sharma is conducting crisis intervention by utilizing psychometric tests to scale cognitive and intellectual abilities.
(S) Dr. Verma focuses on providing direct advice and judgmental feedback to actively correct the client's past behaviors.
(a) Only (P) and (Q)
(b) Only (R) and (S)
(c) Only (Q) and (R)
(d) Only (P) and (S)

Ans :

(a) Only (P) and (Q)
Counselling and psychotherapy are often used interchangeably but have subtle differences. Counselling (Dr. Sharma) is a helping approach focusing on the client's present emotional experiences and practical coping. Psychotherapy (Dr. Verma) involves deeper analysis, encouraging clients to explore early childhood experiences and bring previously unconscious conflicts into their conscious awareness.

29. Karthik visits a professional because he feels overwhelmed by his recent academic failures. During the session, the professional listens to Karthik without labeling him as a "failure" or interrupting his flow of thoughts. Furthermore, the professional's behavior remains completely transparent, and his responses are deeply consistent with his own core values.
Which of the following traits are being exhibited by the professional in this scenario?
(P) The ability to understand the client's situation strictly by comparing it to their own past academic failures.
(Q) A non-judgemental acceptance that validates the individual's feelings and allows them to speak completely freely.
(R) The consistency between self-awareness and outward behavior, demonstrating profound

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characteristics it intends to measure.
(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
Before a counsellor administers a psychometric test, they must thoroughly check its validity and reliability. Validity refers to a clear statement showing that the test accurately measures what it intends to measure. The assertion correctly identifies the need to verify this, and the reason accurately defines validity, making it the correct explanation.

36. Observe the image below and answer the following question.

During a session, Rahul explicitly tells his therapist about his detailed plan to severely injure a former colleague. The therapist realizes that keeping this information private could lead to a tragedy.
Based on the ethical guidelines depicted in the scenario, which of the following actions is the therapist legally and ethically bound to take?
(a) Terminate the session immediately and refer the client to a psychiatrist
(b) Maintain strict privacy as breaking it ruins the therapeutic alliance
(c) Inform and warn the threatened individual or relevant authorities
(d) Encourage the client to vent out further without taking external action

Ans :

(c) Inform and warn the threatened individual or relevant authorities
Maintaining confidentiality is an important aspect of therapy. However, it must be broken when the client provides explicit indications of harming themselves or others. In such cases, the therapist is ethically and legally bound to inform and warn the threatened individual or family, which is termed the Tarasoff decision.

37. Observe the image below and answer the following question.

Targets... Deadlines... Performance... What if I fail?
Monthly Targets
- Sales Growth
- Client Retention
- Cost Efficiency
- Profit Margins
ROHAN
Let's identify the challenges, explore solutions and create a plan that works for you.
We Care We Support We Grow Together
A supported employee is a strong asset. A wise strategy today saves litigation tomorrow.
Protection against compensation claims
CEO
Human Resource Strategy: Employee Well-being

Rohan's company recently integrated a new professional service to assist employees dealing with severe stress, missed deadlines, and poor work-family balance. Management views this service as both a human resource strategy to retain top talent and a safeguard against work-related stress claims.
Which specific area of applied psychology is the management utilising in this corporate setting?
(a) Workplace counselling
(b) Vocation and career guidance
(c) Academic and school intervention
(d) Group therapy sessions

Ans :

(a) Workplace counselling
Workplace counselling is a key human resource strategy used to attract and retain employees by managing job-related stress, deadlines, and personal problems. Employers often view it as an active problem-solving approach that increases productivity and serves as an insurance policy against compensation claims related to work-related stress exposure.

38. Observe the image below and answer the following question.

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experiences.

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(c) Assertion is true, and Reason is false.
Workplace counselling is a human resource strategy aimed at increasing productivity by resolving stress and work-family conflicts through an active problem-solving approach. It does not involve in-depth psychoanalysis of early childhood experiences, which is typically the domain of clinical psychology addressing severe psychopathologies. Therefore, the assertion is correct, but the reason is false.

33. Read the following Assertion and Reason carefully and select the correct option.
During a session, Rohan admits to his therapist that he constantly lies to his parents about his finances. The therapist listens without interrupting, validates Rohan's feelings, and avoids labeling him as a 'compulsive liar'.
Assertion (A): The therapist is demonstrating positive regard by providing non-judgemental acceptance and allowing Rohan to speak freely.
Reason (R): Authenticity in a counsellor builds a transparent therapeutic relationship where the client can show their vulnerabilities and delve deeper into sensitive issues fearlessly.
(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
The therapist demonstrating non-judgemental acceptance without labeling the client is an example of positive regard. Authenticity involves being transparent and genuine, which indeed builds a trusting therapeutic relationship where clients can explore vulnerabilities fearlessly. Both statements are factually correct characteristics of a good counsellor, but the reason does not explain the assertion.

NODIA

34. Read the following Assertion and Reason carefully and select the correct option.
Ananya, who recently moved from a Western country, is counseling a client from an East Asian background. The client frequently uses silence and subtle body language. Ananya struggles to comprehend the client as she expects clear, direct verbal messages.
Assertion (A): Ananya's expectation of clear and direct verbal messages indicates that she is accustomed to a high-context culture.
Reason (R): East Asian cultures are typically low-context cultures where silence is seen as feeling awkward or actively disagreeing with the speaker.
(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(d) Both Assertion and Reason are false.
Western cultures are typically low-context, relying on literal word meanings and direct messages. East Asian cultures are high-context, utilizing nonverbal communication and shared understanding, where silence is often a mark of respect rather than awkwardness. Since Ananya expects direct verbal communication, the assertion is incorrect, and the reason provides factually inverted definitions.

35. Read the following Assertion and Reason carefully and select the correct option.
Dr. Patel wants to administer a psychometric assessment to evaluate a client's aptitude for a specific job. Before proceeding, he carefully checks the manual to verify if the test actually measures what it claims to measure.
Assertion (A): Dr. Patel must verify the clear statement of the test's validity before interpreting the client's assessment scores.
Reason (R): Understanding validity is essential because it shows whether the psychological test effectively measures the specific traits or

honesty and true therapeutic presence.
(S) The use of standardized norms and validity to aggressively restructure the client's deeply rooted cognitive patterns.
(a) Only (P) and (S)
(b) Only (P) and (Q)
(c) Only (R) and (S)
(d) Only (Q) and (R)

Ans :

(d) Only (Q) and (R)
The professional demonstrates positive regard by accepting Karthik without judgment, avoiding negative labels, and letting him speak freely to validate his feelings. Furthermore, the professional exhibits authenticity by maintaining transparency, honesty, and consistency between their inner values and outward behavior, which collectively builds a highly trusting and secure therapeutic relationship.

30. A corporate organization hires an expert to evaluate its employees for upcoming leadership roles. Before administering any assessments to gauge the employees' aptitudes, the expert thoroughly checks the manuals to ensure the tools measure exactly what they claim to measure and carefully reviews the specific demographic data used during the tools' construction.
Which essential parameters of psychological testing is the expert verifying before proceeding?
(P) The reliability of the test, ensuring no extraneous factors like room temperature will affect the final scores.
(Q) The validity of the test, confirming that the assessment accurately measures the intended psychological traits and aptitudes.
(R) The target population and the sample statement, ensuring the test is appropriate for this specific demographic group.
(S) The physiological process of hearing, confirming the auditory sensory reception channels of the employees are functional.
(a) Only (Q) and (R)
(b) Only (P) and (S)
(c) Only (P) and (Q)
(d) Only (R) and (S)

Ans :

(a) Only (Q) and (R)
Before administering psychological tests, a counsellor must verify the test's validity to ensure it actually measures what it intends to measure (Statement Q). Additionally, they must check the target population and sample statement used during the test's construction to ensure it is culturally and demographically appropriate for the employees being evaluated (Statement R).

31. Read the following Assertion and Reason carefully and select the correct option.
Mahesh is undergoing therapy and explicitly tells his therapist that he plans to severely harm his former business partner over a financial dispute. The therapist immediately decides to warn the partner and the local authorities.
Assertion (A): The therapist is legally and ethically justified in breaking the confidentiality of the sessions with Mahesh.
Reason (R): In situations where the client provides explicit indications of harming themselves or others, the therapist is bound to inform the concerned family or friends.
(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
According to the Tarasoff decision, maintaining confidentiality is a crucial aspect of therapy, but it must be broken if a client provides explicit indications of harming themselves or others. The therapist is bound to inform the potential victim or authorities to prevent harm, making both statements true and logically connected.

32. Read the following Assertion and Reason carefully and select the correct option.
Sunita manages a corporate team where employees have been missing deadlines due to a lack of work-family balance. She integrates professional support services within the company to assist them using an active problem-solving approach.
Assertion (A): The intervention introduced by Sunita functions as a human resource strategy to reduce stress-related inefficiency and increase employee productivity.
Reason (R): Resolving work-family balance issues and meeting targets require an in-depth psychoanalysis of the employees' early childhood

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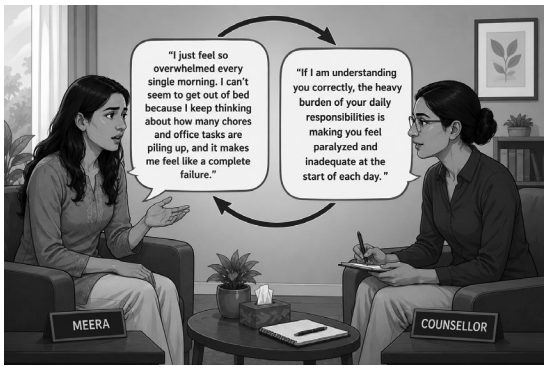
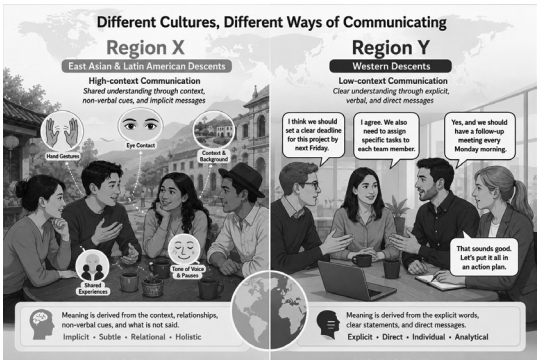

"I just feel so overwhelmed every single morning. I can't seem to get out of bed because I keep thinking about how many chores and office tasks are piling up, and it makes me feel like a complete failure."
"If I am understanding you correctly, the heavy burden of your daily responsibilities is making you feel paralyzed and inadequate at the start of each day."
MEERA
COUNSELLOR

Meera is expressing her deep feelings of distress during her session. The professional responds by restating her core message without simply echoing her exact words, ensuring that her intended meaning has been perfectly grasped.
Which essential component of effective communication is the professional demonstrating in this interaction?
(a) Auditory sensory reception
(b) Congruency of body language
(c) Attentive listening
(d) Paraphrasing

Ans :

(d) Paraphrasing
The process of repeating the ideas communicated by the speaker is called paraphrasing. It is not done using the exact words, but by restating the main idea as understood by the listener. This helps the communicator know if they were understood correctly and allows them to clarify any misunderstandings.

39. Observe the image below and answer the following question.


Different Cultures, Different Ways of Communicating
Region X
East Asian & Latin American Descents
High-context Communication
Shared understanding through context, non-verbal cues, and implicit messages
Region Y
Western Descents
Low-context Communication
Clear understanding through explicit, verbal, and direct messages
Hand Gestures
Eye Contact
Context & Background
Tone of Voice & Pauses
Shared Experiences
I think we should set a clear deadline for this project by next Friday.
I agree. We also need to assign specific tasks to each team member.
Yes, and we should have a follow-up meeting every Monday morning.
That sounds good. Let's put it all in an action plan.
Meaning is derived from the context, relationships, non-verbal cues, and what is not said.
Implicit • Subtle • Relational • Holistic
Meaning is derived from the explicit words, clear statements, and direct messages.
Explicit • Direct • Individual • Analytical

An international student from Region X often relies heavily on non-verbal cues and the shared understanding of a situation to comprehend what others are communicating. Conversely, her peers from Region Y depend on the clear, direct, and literal meaning of spoken words.
Based on the provided image and scenario, how would Region X be classified in the context of communication styles?
(a) A low-context culture
(b) A high-context culture
(c) An intrapersonal culture
(d) A culturally incongruent culture

Ans :

(b) A high-context culture
Many East Asian and Latin American cultures are known as high-context cultures, which rely heavily on non-verbal communication and shared contextual understanding. In contrast, Western cultures are often low-context, depending on the literal meaning of words and direct verbal messages for effective and clear communication between different individuals.

40. Observe the image below and answer the following question.

I messed up again and lied to my parents. I'm just a terrible person.
YOU MATTER
Non-judgmental Acceptance & Validation
Core component of person-centred therapy.

Kabir confesses his repeated mistakes to his counsellor, fully expecting to be scolded or labelled as a problematic child. Instead, the counsellor accepts Kabir completely without any criticism, providing a safe space for him to heal emotionally and accept himself.
Which specific characteristic of a good counsellor is being demonstrated to help Kabir move towards personal growth?
(a) Empathy
(b) Authenticity
(c) Positive regard
(d) Congruency

Ans :

(c) Positive regard
Positive regard refers to the non-judgemental acceptance of an individual, giving importance and validation to their feelings.

NODIA

The scenario describes group counselling, where individuals with similar problems share coping mechanisms. While it creates a strong support system and is less expensive, the text specifies that highly introverted people or individuals with disabilities often do not benefit much from these shared sessions due to the required social interaction.

24. During an exchange program, Kabir, an Indian student, relies heavily on shared understanding, situations, and non-verbal cues to interpret conversations. His host family in Germany, however, relies strictly on the literal meaning of words and expects clear, direct messages.
What does this difference in listening and interpretation primarily highlight?
(a) The contrast between high-context cultures relying on non-verbal cues and low-context cultures relying on direct speech.
(b) The disparity between biological hearing and the cognitive process of attentively listening to a specific message.
(c) The lack of congruency between the speaker's verbal message and their subconscious body language patterns.
(d) The irreversible nature of communication where deleted words cannot be easily mitigated by an apology.

Ans :

(a) The contrast between high-context cultures relying on non-verbal cues and low-context cultures relying on direct speech.
Culture heavily influences communication styles. High-context cultures, such as many East Asian and Latin American societies, use non-verbal communication and shared situational understanding to comprehend messages. In contrast, low-context cultures, typically Western societies, rely on the literal meaning of words and prefer clear, direct verbal messages for effective daily communication.

25. Neha is discussing her recent workplace conflicts with her mentor, Rahul. After Neha finishes speaking, Rahul restates the core ideas of her message in his own words to check if he has grasped her concerns accurately before offering any further guidance.
Which essential component of effective communication is Rahul employing?
(a) Splitting attention between the speaker and the surrounding environment to gather multiple stimuli.
(b) Restating the speaker's main ideas to ensure accurate understanding and clarify any potential gaps.
(c) Using precise symbols and language to strictly adjust the intended speech for the specific context.
(d) Analysing the speaker's past behaviour patterns to interpret the congruency of their non-verbal cues.

Ans :

(b) Restating the speaker's main ideas to ensure accurate understanding and clarify any potential gaps.
Rahul is using the technique of paraphrasing. This communication skill involves repeating the ideas communicated by the speaker, not necessarily in their exact words, but restating the main message. It helps the listener confirm accurate understanding and allows the communicator to clarify any gaps or misunderstandings if they should arise.

26. Rahul is seeing a professional for his severe anger management issues. During a session, he explicitly mentions a detailed plan to severely harm his former business partner. The professional immediately decides to inform the partner and the local authorities, despite his initial promise to keep the sessions completely private.
Which of the following statements correctly evaluate the professional's action in this context?
(P) He violated the fundamental rule of maintaining a trusting relationship and should face strict professional penalties.
(Q) He acted according to the ethical mandate that allows breaking confidentiality when there is explicit indication of harm to others.
(R) He demonstrated the concept of unconditional positive regard by prioritizing the client's emotional venting over societal rules.
(S) He adhered to the principle often referred to as the Tarasoff decision, which binds the therapist to warn potential victims.
(a) Only (P) and (R)
(b) Only (Q) and (S)
(c) Only (P) and (Q)
(d) Only (R) and (S)

Ans :

(b) Only (Q) and (S)

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51. During a session, instead of merely feeling sorry for Kavita's struggles, the therapist focuses entirely on understanding Kavita's situation precisely from her own perspective.
Which essential skill is the therapist exhibiting?

Ans :

Empathy.

52. Even after apologizing profusely for a harsh remark made during a heated argument, Sameer realizes that the impact of his words cannot be completely erased or deleted.
Which characteristic of communication does this situation highlight?

Ans :

Communication is irreversible.

53. Explain briefly the fundamental difference between the process of hearing and the act of listening as components of communication.

Ans :

Hearing is a merely biological process involving auditory reception, whereas listening requires actively paying attention to what is heard.

54. After listening to a client's lengthy explanation of a family conflict, the practitioner restates the main message in her own words to confirm her understanding.
Identify this specific component of effective communication.

Ans :

Paraphrasing.

55. What is the psychological term used to describe the consistency between a person's spoken message and their accompanying body language?

Ans :

Congruency.

56. An international student from a Western country expects clear, direct, and literal messages during his campus counselling session rather than relying on shared understanding.
Based on cultural differences in communication, what type of culture does this student belong to?

Ans :

Low-context culture.

57. Explain briefly how using counselling as a crisis intervention technique for mild problems like delinquency benefits society at a macro level.

Ans :

It prevents the problem from becoming severe, thereby protecting the society from a potential evil.

58. When evaluating a psychological test report, the examiner notes the temperature of the room and the external noise level during the assessment.
Under which specific category of required test information do these details fall?

Ans :

Influence of other extraneous factors.

59. Before administering an intelligence test, a school psychologist checks the manual to ensure the test truly measures cognitive ability and not just vocabulary skills.
What essential testing fact is the psychologist verifying?

Ans :

The validity of the test.

60. While therapeutic sessions conducted collectively for individuals with similar problems are generally effective and less expensive, identify one specific type of individual who does not benefit much from this method.

Ans :

Introvert people or people with disabilities.

61. Arun visits a professional for his mild adjustment issues. The professional helps him resolve the specific problem without making an in-depth analysis of his underlying psychopathologies.
Identify the type of professional Arun is visiting based on his level of training.

Ans :

A counsellor.

NODIA

62. During a session, Kavita tells her therapist that she plans to physically harm her former business partner. The therapist decides to break confidentiality and inform the partner.
Identify the specific term used to describe this exception to maintaining confidentiality.

Ans :

Tarasoff decision.

63. Ramesh expects his therapist to explicitly advise him on whether he should quit his job. Instead, the therapist simply provides a safe environment for him to explore his feelings.
What is the ultimate role of the counsellor in such a situation?

Ans :

To enable the client to make their own choices and decisions.

64. While dealing with a client's anxiety, Dr. Sharma strictly encourages the client to recollect earlier childhood experiences to make him conscious of events he was previously unaware of.
Identify the specific approach Dr. Sharma is using.

Ans :

Psychotherapy.

65. Before starting their sessions, Geeta and her therapist collaborate and agree upon the specific goals and tasks of her treatment.
What is this affective bond between the therapist and the client termed as?

Ans :

Working alliance.

66. Mr. Iyer, aged 75, recently lost his wife and has developed paranoid tendencies and intense feelings of alienation.
Which specific area of counselling would best help him find new support systems and deal with his grief?

Ans :

Geriatric counselling.

67. A multinational company recently hired an in-house therapist to help employees manage meeting deadlines and work-family balance.
How do employers often view such workplace counselling services regarding legal threat exposures?

Ans :

As an insurance policy against the threat of compensation claims made by employees.

68. Sameer, a fifteen-year-old, was caught shoplifting and gambling multiple times. He is now undergoing a thorough analysis of his past to rehabilitate and reintegrate him into society.
Identify the specific area of counselling Sameer is receiving.

Ans :

Counselling of delinquents.

69. Vikram is an excellent swimmer but suffers from severe pre-match anxiety which ruins his lap times. He seeks professional help to set goals and overcome these mental barriers.
Which type of counselling is Vikram seeking?

Ans :

Sports counselling.

70. During therapy, Dr. Menon remains completely honest, transparent, and occasionally engages in balanced self-disclosure to create a safe space for his client.
Which characteristic of a good counsellor is Dr. Menon exhibiting?

Ans :

Authenticity.

71. Sunita shares her deepest insecurities with her therapist. The therapist listens without interrupting, never labels her as "prone to depression," and accepts her non-judgementally.
Name the core component of person-centred therapy demonstrated here.

Ans :

Positive regard.

72. Instead of merely feeling sorry for a client who lost his job, the therapist tries to understand the situation exactly from the client's perspective and validate his feelings.
Identify the critical skill required by the counsellor in this scenario.

Ans :

Empathy.

73. After listening to a long explanation from his client, the therapist repeats the main idea of the message in his own words to check if he has understood it correctly.
Identify this essential component of effective communication.

Ans :

Paraphrasing.

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74. Aditi verbally tells her therapist that she is perfectly happy, but she is continuously looking down, fidgeting, and crying.
Identify the term that describes the consistency between her verbal message and body language.

Ans :

Congruency.

75. Meera reads a research paper explaining that many East Asian cultures rely heavily on shared understanding and non-verbal communication to comprehend messages.
Identify the specific term used in the text to describe such cultures.

Ans :

High-context cultures.

76. In a fit of anger during a family therapy session, Rohan shouts at his brother. Even though he apologizes immediately, the impact of his harsh words cannot be completely erased.
Which characteristic of communication does this scenario highlight?

Ans :

Communication is irreversible.

77. A school initiates counselling for young students showing early signs of aggressive behaviour, effectively preventing these issues from escalating into severe crimes later.
Explain briefly how this acts as an advantage at the social level.

Ans :

It serves as a crisis intervention technique at a mild level, protecting society from potential evil.

78. A counsellor administers a new aptitude test to a student, ensuring beforehand that there is a clear statement showing the test accurately assesses what it claims to evaluate.
Which requirement of a psychological test is being verified?

Ans :

Validity.

79. During a session, a therapist's auditory sensory channel receives the client's words, but he is distracted and not focused on the client.
According to the text, what essential component must be added to this biological process of hearing for it to become 'listening'?

Ans :

Paying attention to what is heard.

80. Before using an intelligence test on a client, Dr. Patel checks the manual to see a clear statement of how much error can be possible in the client's scores.
What property of the psychological test is Dr. Patel verifying?

Ans :

Reliability.

81. Examine the scenario presented in the image.

I am going out tonight and I am going to seriously harm my brother for what he did to me!
He provides explicit indications of harming others. I must inform his family to prevent this.
AARAV
Person-Centred Therapy
Ethical Decision Making
Duty to Warn

Identify the specific decision or rule that mandates the counsellor to break confidentiality in the situation depicted above.

Ans :

Tarasoff decision.

82. Observe the illustration of a counselling session.

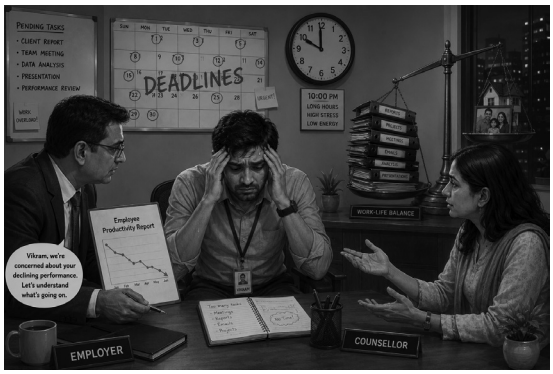
Which critical skill required by a good counsellor is being visually demonstrated by the counsellor's thought bubble?

Ans :

Empathy.

NODIA

83. Analyze the environment and the issues depicted in the illustration.



Name the specific area of counselling that the employer has integrated to assist Vikram with the stress-related issues shown in the background.

Ans :

Workplace counselling.

84. Carefully observe the client's verbal and non-verbal communication in the given image.

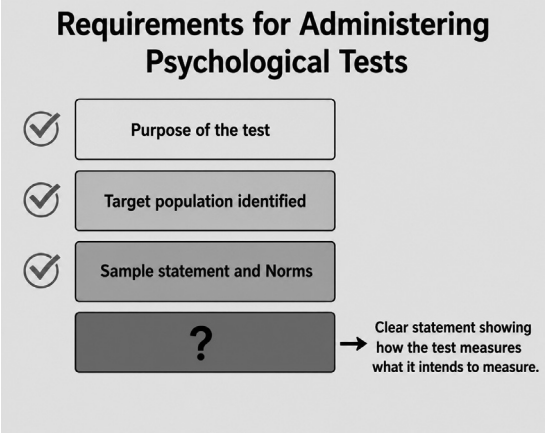
NON-VERBAL CUES
• Facial Expression
• Eye Contact
• Posture
• Gestures
• Tone of Voice
ACTIONS SPEAK LOUDER THAN WORDS
I am completely relaxed, confident, and not feeling any anxiety about my current situation.
OBSERVATIONS

What specific term describes the consistency between verbal messages and body language, which is visibly absent in this client's presentation?

Ans :

Congruency.

85. Examine the conceptual diagram of a psychological testing checklist.


Requirements for Administering Psychological Tests
Purpose of the test
Target population identified
Sample statement and Norms
?
Clear statement showing how the test measures what it intends to measure.

Based on the descriptive text annotation provided, identify the missing testing requirement that should fill the empty red box.

Ans :

Validity.

86. Study the relation between the first two words/ phrases and then fill in the fourth word.
Identity crisis : Adolescent counselling :: Overcoming mental barriers : _____

Ans :

Sports counselling

87. Study the relation between the first two words/ phrases and then fill in the fourth word.
Advanced training : Clinical psychologist :: Moderate level of training: _____

Ans :

Counsellor

88. Study the relation between the first two words/ phrases and then fill in the fourth word.
Rely on literal meaning of words : Low-context cultures :: Shared understanding of a situation : _____

Ans :

High-context cultures

89. Study the relation between the first two words/ phrases and then fill in the fourth word.
Consistency between verbal message and body language : Congruency :: Affective bond between therapist and client : _____

Ans :

Working alliance

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90. Study the relation between the first two words/ phrases and then fill in the fourth word.
Measures what it intends to measure : Validity :: Possible error in the scores : ——————————

Ans :

Reliability

91. State whether the following is True or False.
In situations where a client provides explicit indications of harming themselves or others, the therapist is bound to break confidentiality and inform the client's family or friends.

Ans :

True

92. State whether the following is True or False.
Group counselling sessions are highly beneficial and recommended as an effective treatment method for individuals who are introverts.

Ans :

False

93. State whether the following is True or False.
The process of paraphrasing requires the listener to repeat the main idea of the message using the exact words of the communicator.

Ans :

False

94. State whether the following is True or False.
Individuals from high-context cultures rely heavily on nonverbal communication and a shared understanding of a situation to comprehend what is being communicated.

Ans :

True

95. State whether the following is True or False.
A clear statement detailing how much error can be possible in the scores obtained by an individual indicates the reliability of a psychological test.

Ans :

True

FOUR MARKS QUESTIONS

96. Meera is undergoing therapy for severe emotional distress. During a session, she explicitly mentions a concrete plan to violently harm a colleague whom she blames for all her recent troubles.
(i) Identify the ethical principle regarding confidentiality that the counsellor must invoke in this specific situation.
(ii) Explain this exception to the confidentiality rule as per the standard guidelines in counselling.

Ans :

(i) The ethical principle being highlighted is the Tarasoff decision regarding the breach of confidentiality.
(ii) While counselling relies on a relationship of absolute trust, confidentiality has specific ethical limitations in extreme scenarios:
1. A counsellor or therapist is strictly bound to break the promise of confidentiality if a client provides clear and explicit indications of harming themselves in the immediate future.
2. Confidentiality must also be breached in situations where the client reveals explicit intentions and plans to cause serious physical harm to other individuals, threatening public or personal safety.
3. Under these highly sensitive circumstances, the therapist is ethically and legally obligated to inform and warn the client's family, friends, or the specific target to prevent the anticipated danger.

97. Rohan seeks help for a specific adjustment issue at his new college, while his friend Amit is undergoing long-term treatment to uncover repressed childhood trauma affecting his current behavior.
(i) Which of the two individuals is receiving psychotherapy?
(ii) Discuss three subtle differences between the psychological approach used for Rohan and the one used for Amit.

Ans :

(i) Amit is receiving psychotherapy to uncover his repressed childhood trauma.
(ii) Both approaches relate to overcoming personal problems and bringing positive

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changes, but they possess subtle therapeutic differences:

1. Counselling acts primarily as a supportive helping approach that tries to explore specific emotional and intellectual experiences that have led to the client's current, immediate adjustment problems for which help is actively sought.
2. Psychotherapy fundamentally encourages the client to meticulously recollect their earlier, deeper experiences and deeply explore how these distant past events actively affect and shape their present problematic psychological conditions.
3. Furthermore, a psychotherapist specifically helps the client to become fully conscious of deeply buried experiences, emotions, and thoughts which the individual was completely unaware of prior to the therapeutic intervention.

98. A corporate firm has noticed increased anxiety and consistently missed deadlines among its employees due to a severe lack of work-family balance. They decide to hire an in-house psychologist.

(i) Identify the specific area of counselling being implemented by the corporate firm.

(ii) Discuss three benefits the employer expects to gain by introducing these dedicated psychological services.

Ans :

(i) The firm is actively implementing workplace counselling to assist its workforce.

(ii) Employers integrate counselling services within organisational setups to gain several crucial human resource benefits:

1. It serves as a vital human resource strategy to successfully attract and retain the best employees by establishing a caring reputation and actively improving the overall quality of the workforce.
2. It helps significantly increase employee productivity by reducing stress-related inefficiencies, anxiety, and incompetencies, assisting both the employer and the employee through an active problem-solving approach.
3. Employers often view this counselling as a protective insurance policy against the threat of significant compensation claims made by employees who are heavily exposed to unmanaged work-related stress.

NODIA

99. Suraj, a teenager, was recently caught for shoplifting and gambling. Instead of just punitive measures, a specialist is assigned to analyse his past and help him reintegrate into society.

(i) Identify the specific area of counselling Suraj is currently receiving for his offences.

(ii) Explain three ways in which the counsellor can assist him in his psychological and social rehabilitation.

Ans :

(i) Suraj is actively receiving counselling of delinquents for his antisocial offences.

(ii) Counselling forms a major provision in the successful rehabilitation of adolescent offenders through various strategies:

1. The counsellor conducts a thorough analysis of the individual's past to address the underlying emotional, behavioural, and personality issues that may have triggered them to engage in antisocial activities.
2. Counsellors strongly encourage these adolescents to continue their formal education by enrolling them in remedial classes or open schools, ensuring they do not completely abandon their academic pursuits.
3. They use various occupational therapies to identify the delinquent's hidden talents and skills, offering appropriate suggestions to place them in proper vocations so they can earn their future livelihood.

100. While helping a client explore hidden potentials brings personal relief, psychological intervention also plays a monumental role in promoting positive mental health and preventing potential evils in the community.

(i) Identify the specific level of advantages of counselling being highlighted in this scenario.

(ii) Explain three ways in which counselling directly benefits this broader operational level.

Ans :

(i) The scenario highlights the advantages of counselling at the broader social level.

(ii) While individual clients gain personal relief, society at large profoundly benefits from counselling in the following ways:
1. Due to continuous counselling, distressed individuals learn to adapt far better within their society, and thus, each fully developed and adjusted personality enriches the community in multiple diverse ways.
2. Counselling serves as a crucial crisis intervention technique that often helps address a problem at its mild level, preventing issues like delinquency from becoming severe and protecting society from potential evil.
3. On a mass level, various government bodies and non-government organisations frequently resort to large-scale counselling initiatives to actively promote peace, widespread happiness, and strong integration within the entire society.

101. A client talks about his failures and feels worthless. The counsellor listens attentively, accepts him without any judgment, and tries to understand the situation exactly from the client's perspective.
(i) Explain the concept of 'standing in the other person's shoes' as demonstrated by the counsellor.
(ii) Describe how the counsellor can successfully show non-judgmental acceptance to this distressed client.

Ans :

(i) Understanding the client's exact situation from his own perspective represents the critical skill of empathy:
1. Empathy involves standing in the other person's shoes to deeply comprehend their unique experiences, ensuring the counsellor does not merely feel sorry for the client but truly understands their worldview.
2. This skill fundamentally helps in creating a trusting and safe zone where the client feels completely free to explore, validate, and think much deeper about his own feelings and situations.

(ii) The counsellor shows unconditional positive regard by providing non-judgmental acceptance to the individual:
1. The counsellor demonstrates this by allowing the client to speak freely without any interruption, consistently validating the individual's deep feelings, and making him feel entirely safe from being judged.
2. Positive regard is further shown by expressing thoughts clearly using messages that convey deep understanding rather than giving instructions, actively helping the client heal emotionally and accept himself.

102. During a session, Sunita says she is fine, but her fists are clenched and she avoids eye contact. The therapist restates her previous statements in his own words to ensure he understood her.
(i) How does restating the message help in the psychological communication process?
(ii) Explain the role of non-verbal cues and congruency in understanding the client's actual emotional state.

Ans :

(i) Restating the speaker's main ideas in different words refers to the essential communication component of paraphrasing:
1. Paraphrasing helps the communicator immediately know if the listener has properly understood the exact message or core idea that they originally intended to convey during the complex counselling interaction.
2. It allows the communicator to quickly clarify any underlying misunderstandings or fill vital gaps in understanding the message, making paraphrasing a highly important component for ensuring truly effective communication.

(ii) Non-verbal cues collectively form body language, which is vital for interpreting a client's hidden emotional state:
1. A client's gestures, postures, body movements, and eye contact might reveal an emotional state that is contrary to what they are verbally stating to the counsellor during the session.
2. The counsellor must closely analyse the similarity or consistency between the client's spoken verbal message and their physical body language, which is formally termed as congruency, to accurately decode their feelings.

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103. Dr. Sharma is planning to administer an intelligence test to a young adult to assess his vocational aptitude. Before giving the test, she must ensure certain facts are clearly stated about the tool.
Describe any four pieces of information that must be clearly stated before administering such psychometric tests.

Ans :

Psychological tests must be administered objectively following scientific steps, which requires stating specific facts clearly:

1. The exact purpose of the psychological test must be clearly stated to strictly understand what specific trait or characteristic it has to be used for during the client's assessment.
2. The statement of the specific sample used while constructing the test must be provided, detailing demographic characteristics like age groups, nationalities, socio-economic status, and the literacy level of the people.
3. There must be a clear statement of the validity of the test, explicitly showing how accurately the testing instrument measures what it fundamentally intends to measure in the chosen subject.
4. The reliability of the test must be stated, which highlights exactly how much error can be possible in the scores, alongside other relevant information like time taken and specific scoring patterns.

104. Human communication is a complex, ongoing process that forms the foundation of therapeutic dialogue. It is characterized by certain distinct features that a counsellor must understand to interact effectively.
Discuss any four fundamental characteristics of communication as a continuous human process.

Ans :

Human communication is a complex, continuous cycle that involves sharing messages based on the following characteristics:

1. The fundamental nature of communication changes constantly and dynamically due to the continuously changing attitudes, shifting expectations, varying feelings, and internal emotions between the people who are actively communicating.
2. Communication does not stop as long as our brain remains alive; therefore, whether we are completely awake or deeply asleep, we are always processing thoughts and communicating in some form.
3. Communication is entirely irreversible, meaning once a specific word or gesture has been clearly expressed, received, and understood, it absolutely cannot be reverted, deleted, or erased by the sender.
4. Communication consistently initiates interaction because others naturally react to our speech and actions, and these subsequent reactions invite even more responses, allowing the entire human process to continue in a cycle.

105. A counsellor working with international clients realizes that expectations from verbal and non-verbal messages vary significantly depending on the region where the client was brought up.
Explain how culture influences communication styles, specifically comparing different cultural contexts and the role of silence.

Ans :

The cultural background shaping our thought processes plays a vital role in interpreting and responding to communication:

1. Many East Asian and Latin American cultures are high-context cultures, which predominantly use nonverbal communication and a shared understanding of a specific situation or context to comprehend what is being communicated.
2. In contrast, many Western cultures are identified as low-context cultures, which heavily rely on the literal, dictionary meaning of words and require extremely clear and direct verbal messages for effective communication.
3. Culture deeply influences the expression of messages through the varied role of silence, which is highly viewed as a profound mark of respect in some specific cultural traditions during social interactions.
4. Conversely, in other cultural norms, extended silence during a conversation is frequently interpreted quite negatively, often being seen as feeling completely awkward, socially uncomfortable, or even indicating strong disagreement with the speaker.

106. A corporate employee seeks counselling but the session takes an unexpected turn.

NODIA

I am going to severely hurt him tomorrow at the office!
ANGER CAN DESTROY
CONFIDENTIALITY
CLIENT FILE CONFIDENTIAL
UNDERSTANDING ANGER
POLICE EMERGENCY DIAL 100

Observe the situation depicted in the image and answer the following questions.

(i) Identify the specific ethical decision or mandate shown in the image.

(ii) Describe the typical boundaries of this ethical principle and the specific exception demonstrated in the scenario.

Ans :

(i) The provided image distinctly depicts the Tarasoff decision, which is the necessary professional exception to maintaining strict client confidentiality.

(ii) The fundamental principles regarding this specific ethical exception are comprehensively explained in the field of psychology as follows:

1. Maintaining absolute confidentiality about the complex personal problems faced by the client is a fundamentally important aspect of counselling or psychotherapy, as it actively helps to build an essential relationship of deep trust between the vulnerable client and the professional conducting the sessions.
2. Despite this strict rule of privacy, confidentiality can be ethically and legally broken by the therapist or counsellor in specific, high-risk situations where the client provides explicit, undeniable, and clear indications of physically harming themselves or causing severe, imminent harm to other individuals.
3. In such critical and dangerously volatile cases, the therapist or counsellor is legally and ethically bound to immediately inform and warn the client's family members, friends, or the potential victim to ensure absolute safety, a protective mandate universally termed as the Tarasoff decision.

107. A client is experiencing a severe emotional crisis and requires professional support.

Based on the visual metaphor provided, answer the following questions.

(i) Identify the core characteristic of a good counsellor depicted by the person climbing into the pit.

(ii) Explain this characteristic and how it positively contributes to the therapeutic process.

Ans :

(i) The specific characteristic of a good counsellor depicted by the person climbing into the pit is empathy.

(ii) This essential characteristic heavily contrasts with mere sympathy and benefits the therapeutic process in the following ways:

1. Empathy means standing in the other person's shoes, which involves thoroughly understanding the other person's situation directly from their unique perspective rather than just objectively observing it from the outside or merely feeling terribly sorry for the individual's extremely unfortunate circumstances.
2. By consistently demonstrating this critical skill, the counsellor deeply understands the client's personal experience, actively creating a highly trusting and completely safe zone where the client feels entirely free to explore, express, and validate their own innermost feelings without any fear of judgment.
3. Furthermore, this profound empathetic approach significantly helps the client to better understand their own complex

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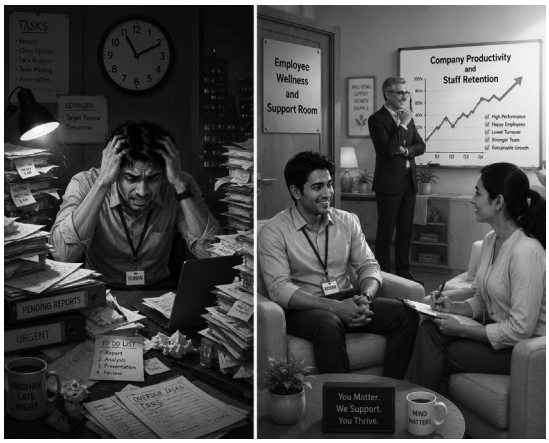
feelings and strongly encourages them to think much deeper about their personal experiences and current life situation, thereby facilitating highly meaningful emotional healing and overall long-term personal growth.

108. A company director notices a decline in staff morale and introduces a new initiative.



Analyse the given image and answer the following questions.

(i) Identify and elaborate on the specific area of psychological intervention initiated by the employer.

(ii) Discuss how this strategic intervention serves as a mutual advantage for the organisation.

Ans :

(i) The professional intervention initiated by the employer is workplace counselling, explained as follows:

1. It has emerged as a primary human resource strategy within organisational setups to successfully attract and retain the best employees, while significantly increasing the overall quality, motivation, and functional capability of the company's entire professional workforce.
2. Employees often become stressed, depressed, or highly anxious due to demanding job-related issues like meeting strict targets, managing tight deadlines, or lacking work-family balance, making this dedicated psychological intervention highly necessary for their overall well-being.

(ii) This integrated service provides significant mutual benefits to both parties in the organisation:

1. It actively assists both the employer and employee through an active problem-solving approach, which directly helps to significantly increase overall productivity by systematically reducing debilitating stress-related inefficiency and the daily workplace incompetencies of the affected employees.
2. Furthermore, it is frequently viewed by employers as a protective insurance policy against the threat of compensation claims made by employees exposed to work-related stress, while actively helping to create a positive reputation for being a genuinely caring employer.

109. A counsellor is closely observing a client during an initial intake session.

EMOTIONS ARE VALID
I am perfectly happy with my life right now, everything is great!
You don't have to go through it alone.
AISHA

Based on the image, analyze the specific component of effective communication shown by the client's non-verbal cues and explain the concept of congruency that the counsellor must evaluate.

Ans :

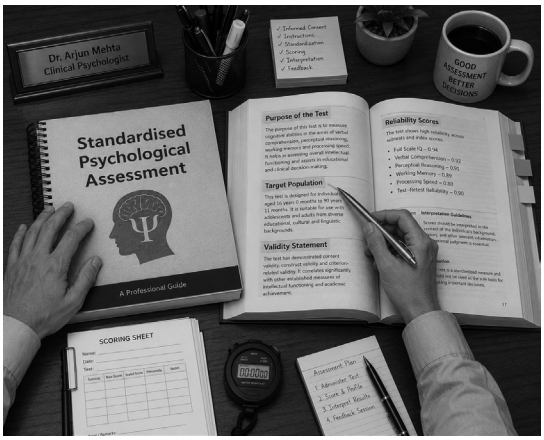
The image highlights the crucial role of body language and congruency in effective communication:

1. While communicating in a counselling setting, along with verbal messages, non-verbal cues invariably play an incredibly important role in the entire process, as they frequently reveal the client's true internal emotional state and hidden psychological conflicts that words might actively conceal.

NODIA

2. These vital non-verbal cues essentially include various physical expressions like specific hand gestures, defensive body postures, overall body movement, direct eye contact, and even the clothes worn by the person, which collectively constitute an individual's distinct and highly informative body language.
3. A skilled counsellor must deeply possess the analytical ability to critically evaluate a person's past behaviour patterns and background to accurately understand their current body language, especially when verbal statements are entirely contrary to the physically displayed gestures and downward gaze.
4. Evaluating the similarity and dissimilarity between present and past behaviour, and specifically assessing the precise consistency between the spoken verbal message and the client's observed body language, is professionally termed as establishing congruency between the verbal and non-verbal message in therapy.

110. A clinical professional prepares to formally evaluate a client's cognitive abilities.



Identify the essential psychological testing skills depicted in the image and explain the specific facts that a trained psychologist must clearly state and fully understand before administering such assessments.

Ans :

A trained psychologist must clearly state and fully understand the following essential testing facts:

1. Before administering a psychological test, professionals must clearly state its exact purpose to properly understand its intended use, alongside precisely identifying the specific target population for whom these standardized psychological assessments are explicitly designed.
2. There must be a transparent statement of the sample used while constructing the test, detailing the precise age group of the samples and other defining characteristics, like the literacy level or socio-economic status of the people involved in standardisation.
3. The counsellor must thoroughly comprehend the established norms of the test, ensuring there is a clear statement of the appropriate groups that will be exclusively used to accurately interpret the final scores obtained by the individual taking the assessment.
4. Finally, there must be a clear statement of the validity of the test, showing how it measures what it intends to measure, and its reliability, accurately indicating how much error can logically be possible in the generated scores during evaluation.

111. Aarav has been experiencing severe psychopathologies and needs an in-depth analysis of his underlying problems. His friend advises him to visit a professional who has advanced training rather than someone with moderate training who resolves specific everyday problems.

(i) Identify the specific professional Aarav should visit based on his severe symptoms.

(ii) Explain three ways the professional not chosen by Aarav typically functions.

Ans :

(i) Aarav should visit a clinical psychologist who has advanced training in the field.

(ii) The professional not chosen by Aarav is a counsellor, whose functioning involves the following:

1. A counsellor typically possesses a moderate level of training in the field of psychology and generally deals with specific, everyday problems rather than severe psychopathologies. They primarily focus on helping the client develop and maintain better adjustment capabilities to their unique environmental challenges effectively.
2. Unlike clinical psychologists, a counsellor does not make any in-depth analysis of the nature of the problems or underlying causes. Instead, they try to resolve

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shoplifting and gambling. The local authorities believe that simply punishing them won't work, so they mandate a promising psychological approach to address their antisocial behaviour and rehabilitate them.

Discuss four major ways this specific area of counselling assists in the rehabilitation of such individuals.

Ans :

Counselling of delinquents assists in their rehabilitation in the following four ways:

1. It involves addressing the core emotional, behavioural, and complex personality issues of the delinquents. It serves as a major provision in ensuring the successful psychological rehabilitation of youths engaging in various juvenile crimes like severe shoplifting or gambling.
2. It fundamentally involves a highly thorough analysis of the troubled individual's past. This deep exploration specifically aims to accurately identify the hidden psychological factors that may have originally triggered them to actively engage in different harmful antisocial activities.
3. The dedicated counsellors strongly encourage the young delinquents to positively continue their halted education. They actively facilitate this crucial academic reintegration by guiding them to enrol in helpful remedial classes or accessible open schools to secure their intellectual future.
4. They use specialized occupational therapies to successfully identify the hidden talents and unique skills of the delinquents. Accordingly, they offer practical suggestions to place them in highly proper vocations so that they can honestly earn their future livelihood.

131. During sessions, Rohan allows his clients to speak freely without interruption and refrains from labelling them with clinical traits. He is also highly aware of his own values, responding honestly and transparently to build a safe therapeutic space.

(i) Identify the characteristic demonstrated by Rohan by not labelling his clients.

(ii) Explain how Rohan's self-awareness contributes to his professional effectiveness in building a therapeutic relationship.

Ans :

(i) The core characteristic successfully demonstrated by Rohan through his non-judgemental acceptance is technically known as unconditional positive regard.

(ii) Rohan's profound self-awareness fosters a deeply genuine therapeutic environment that remains absolutely crucial for facilitating highly effective counselling outcomes.

1. Rohan demonstrates authenticity, where his behaviour remains completely consistent with his core values and self-awareness, making him a highly trustworthy and transparent professional who allows clients to comfortably display their hidden vulnerabilities without experiencing any underlying fear of being criticised or judged.
2. This transparency helps create an incredibly safe and secure space for the client to delve deeper into difficult, sensitive, and painful issues fearlessly, knowing that the professional will remain fully present, highly responsive, and engaged in balanced, appropriate self-disclosure throughout the therapeutic process.
3. By being authentic, honest, and completely transparent in his interactions, Rohan also serves as a positive, real-life model for the client, actively encouraging the client to become equally authentic, truthful, and deeply connected to their own inner self during their personal growth journey.

NODIA

132. An NGO works with two distinct populations. One wing helps male adolescents who have been involved in arson and gambling reintegrate into society. Another wing assists elderly individuals dealing with alienation, grief from losing spouses, and severe apathetic tendencies.

(i) Identify the specific area of counselling provided by the second wing.

(ii) Describe the approach and goals of the counselling provided by the first wing.

Ans :

(i) The specific area provided by the second wing is geriatric counselling, focusing on resolving multifaceted psychological problems of old age.

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114. A corporate firm notices that its employees are frequently missing deadlines due to a lack of work-family balance and job-related anxiety. The management decides to integrate a specific human resource strategy to attract top talent and assist employees in managing these pressures.

(i) Identify the area of counselling implemented by the corporate firm.

(ii) Discuss three specific ways this type of counselling benefits both the employer and the employees.

Ans :

(i) The corporate firm has implemented workplace counselling, a vital human resource strategy in organizational setups.

(ii) Workplace counselling offers significant advantages to both the management and the workforce in these ways:

1. It aims to assist both the employer and the employee by intervening with a highly active problem-solving approach. By doing so, it significantly helps to increase overall productivity by systematically reducing stress-related inefficiency and the various resulting incompetencies among the stressed workforce.
2. Employers often view this counselling as a protective insurance policy against the looming threat of compensation claims made by employees exposed to severe work-related stress. This proactive measure ensures the organization avoids legal complications while actively maintaining a consistently motivated and highly capable workforce.
3. Integrating these services helps create a stellar reputation for the employer as being a genuinely caring entity. By actively resolving employees' depression and anxiety related to meeting strict targets or personal issues, the company successfully attracts and retains the best quality of workforce available.

115. Meera's grandfather has recently become extremely apathetic, alienated, and over-spiritual. He exhibits paranoid tendencies and struggles to accept the multifaceted physical changes associated with his advancing age, prompting Meera to seek professional psychological support for him.

(i) Identify the specific area of counselling Meera's grandfather requires.

(ii) Highlight three distinct ways this counselling intervention can assist individuals experiencing such age-related challenges.

Ans :

(i) Meera's grandfather requires geriatric counselling, which specifically helps manage problems arising in and from old age.

(ii) Geriatric counselling provides crucial support to elderly individuals facing psychological difficulties in the following ways:

1. This counselling effectively helps older individuals find exciting new sources of enjoyment and helps establish reliable new support systems. By actively engaging them in various meaningful social activities, it significantly increases their diminishing sense of self-importance and restores their daily enthusiasm for living.
2. The intervention systematically assists the elderly people to bravely face their profound fears of death, if any exist. Furthermore, it crucially helps them deal with the intense, recurring grief arising out of the frequent and painful deaths of their close friends or beloved spouses.
3. It provides essential therapeutic support to alleviate severe emotional disturbances like feeling anxious, fearful, sad, lonely, or excessively angry. By addressing these deep psychological issues, the counsellor prevents worst-case scenarios where the elderly might severely suffer from profound depression or even make tragic suicidal attempts.

116. During therapy, Dr. Sharma ensures that his client feels validated and safe to share thoughts without any fear of being judged. He allows the client to speak freely without interruption and avoids labelling the client with traits like being "prone to depression."

(i) Identify the specific characteristic of a good counsellor demonstrated by Dr. Sharma.

(ii) Explain three ways this characteristic facilitates the therapeutic relationship and client growth.

NODIA

topics completely fearlessly during the ongoing sessions.

3. The transparent and completely honest demeanour of the professional acts as a powerful guiding model for the struggling client. By observing this balanced self-disclosure and strict professionalism, the client is implicitly taught and inspired to be beautifully authentic to their own complex inner self moving forward.

121. Ananya, raised in a Latin American background, heavily relies on shared context and nonverbal cues to comprehend messages. In contrast, her colleague John, from a Western background, relies strictly on the literal meaning of words and expects clear, direct messages for effective communication.

(i) Explain how the cultures of Ananya and John are classified based on their communication styles.

(ii) Describe two ways cultural norms further influence the interpretation of communication.

Ans :

(i) The styles of Ananya and John highlight the classification of cultures as follows:

1. Ananya belongs to a high-context culture, typical of Latin American societies. They use more nonverbal communication and a shared understanding of the situation to comprehend what is being communicated, relying less on explicit words.
2. John belongs to a low-context culture, typical of Western societies. They rely heavily on the literal meaning of words and require clear, direct verbal messages to ensure that the communication is perfectly effective and understood.

(ii) Cultural norms further influence communication interpretation in the following ways:

1. Culture influences the role of silence during interactions. While silence is highly regarded as a mark of respect in some cultures, other cultural groups perceive it negatively, seeing it as a sign of feeling awkward or expressing clear disagreement.
2. Cultural norms dictate the listener's specific expectations on what the speaker will say and how to respond. It governs the acceptable ways to show respect, enthusiasm, and agreement, making it essential to understand the cultural background of the communicating parties.

122. During a family gathering, Siddharth's mother gave him a stern look. Although she didn't utter a single word, Siddharth immediately understood that he was supposed to stop using his phone. He could accurately interpret this based on his knowledge of her past behaviour patterns.

(i) Explain the concept of body language and how Siddharth understood the unsaid instructions.

(ii) Discuss how congruency and past behaviour analysis play a role in interpreting such non-verbal cues.

Ans :

(i) Siddharth's understanding relies on non-verbal communication as explained below:

1. Body language is a vital component involving non-verbal cues. It includes gestures, postures, body movements, eye contact, and clothes worn by the person, all considered together to effectively comprehend the complete unsaid message.
2. Siddharth understood the instructions because he had experience of his mother's behaviour patterns. By knowing her likes, dislikes, opinions, and beliefs, the message rang out clear to him despite her not explicitly stating it verbally.

(ii) Past behaviour and congruency are essential for accurate interpretation:

1. To properly understand someone's body language, one must carefully analyse their past behaviour patterns and background. This enables the listener to effectively spot the similarity and dissimilarity between the present and past behaviour of that individual.
2. This analysis determines congruency, which is the consistency between the verbal message and the non-verbal body language. Identifying this congruency ensures that the communicator's true intentions are interpreted accurately, preventing severe misunderstandings in the communication process.

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teachers, classmates, or other persons related to school management. This crucial intervention helps in creating a highly supportive and completely stress-free educational environment for every enrolled student.

2. They provide comprehensive guidance regarding pressing career issues and complex personal problems that deeply trouble the students. By systematically resolving these intricate underlying conflicts, the school counsellor effectively helps the students maximize their overall academic achievement and successfully realize their true intellectual potential over time.
3. They frequently offer various practical suggestions to teachers and school authorities for the continuous betterment of the academic curriculum, modern ways of teaching, and engaging co-curricular activities. All these strategic suggestions are mainly related to proactively promoting the positive mental health of the entire student body.

119. Rahul is going through a difficult time and approaches his friend for guidance. His friend quickly gives him advice based on his own past experiences. Later, Rahul visits a trained professional who simply allows him to express his feelings freely without offering direct advice.

(i) Identify the primary action the professional allowed Rahul to do by talking freely and frankly.

(ii) Discuss three reasons why the professional's approach differs from the friend's approach.

Ans :

(i) The professional allowed Rahul to vent out his deep grievances, conflicts, and complex emotional feelings freely.

(ii) The professional counsellor's approach distinctly differs from the friend's informal approach in the following significant ways:

1. Friends or family members are often emotionally involved with the client, making them highly judgmental and significantly biased in their viewpoints. In stark contrast, a professional counsellor remains completely emotionally detached, ensuring their perspective is wonderfully objective and solely focused on the client's actual personal needs.
2. Unlike a friend who easily imposes solutions, a trained counsellor strictly neither judges nor carelessly advices the vulnerable client. Instead, they provide a highly confidential, perfectly safe environment that gives the client a golden opportunity to freely express difficult, repressed feelings of deep anger, guilt, or intense fear.
3. The counsellor does not encourage the client to behave in ways the counsellor might have behaved when facing similar problems. Rather, they gently encourage the client to thoroughly examine parts of their life they found impossible to face, ultimately enabling the client to take their own decisions.

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120. Dr. Patel ensures she is always transparent, present, and responsive during sessions. Her behaviour is remarkably consistent with her own self-awareness and core values, which helps her build a highly trustworthy therapeutic relationship where clients feel safe exploring sensitive issues fearlessly.

(i) Identify the specific characteristic of a good counsellor exhibited by Dr. Patel.

(ii) Explain three ways this characteristic creates a positive impact on the counselling process.

Ans :

(i) Dr. Patel clearly exhibits the essential characteristic of authenticity, rooted in deep self-awareness and complete transparency.

(ii) An authentic counsellor profoundly impacts the overall counselling process and client development in the following ways:

1. By behaving in a manner that is perfectly consistent with their core values and self-awareness, the counsellor effortlessly builds a deeply therapeutic relationship. This vital transparency makes the professional highly trustworthy, allowing the guarded client to comfortably show their hidden vulnerabilities without any hesitation.
2. This genuine presence effectively creates an incredibly safe and supportive space for the anxious client. Consequently, it strongly encourages the individual to delve much deeper into their complex personal issues and bravely look into immensely difficult and highly sensitive

immediate specific conflicts and guide the individual in exploring and learning from unpleasant experiences to gently facilitate steady personal growth.

3. The ultimate role of a counsellor is to enable clients to make their own choices, take independent decisions, and act accordingly to lead a meaningful life. They give the client an opportunity to express difficult feelings confidentially without being emotionally involved, judgmental, or giving direct advice.

112. Sneha, a therapist, is conducting a session with a client who suddenly expresses a clear and explicit intention to physically harm a colleague at work. Despite the fundamental rule of maintaining privacy, Sneha decides she must inform the colleague and the authorities.

(i) Identify the specific term used for the decision Sneha took to break confidentiality.

(ii) Discuss three aspects of the structured dialogue process that Sneha and her client engage in.

Ans :

(i) The decision to break confidentiality to warn others of explicit harm is termed as the Tarasoff decision.

(ii) The structured dialogue between Sneha and her client represents the counselling process, which includes:

1. The counselling process is a planned, structured dialogue and a cooperative endeavour where the counsellor helps the client explicitly identify the underlying sources of problems or concerns they are facing. Together, they actively develop sustainable ways to cope with and overcome these challenging problems.
2. Through this structured interaction, the counsellor assists the client in developing new coping skills and gaining an increased understanding of themselves and others. It essentially involves building a fundamental relationship of trust, which is crucial for the client to openly explore their distressing experiences.
3. The counsellor must maintain strict professional boundaries by not getting emotionally attached to the client. Furthermore, the counsellor should not encourage the client to behave in a specific way that mimics how the counsellor themselves might have behaved when confronted with a similar personal problem.

113. Rohan is seeking help to become conscious of childhood experiences which he was previously unaware of, as they are affecting his current behaviour. His brother, however, is seeking a more immediate helping approach to explore current emotional and intellectual experiences causing distress.

(i) Identify the approach Rohan is seeking for his problems.

(ii) Explain three ways his brother's chosen approach fundamentally differs in its psychological therapeutic aspect.

Ans :

(i) Rohan is seeking psychotherapy, which encourages clients to recollect earlier experiences to explore current problems.

(ii) Rohan's brother is seeking counselling, which differs from psychotherapy in the following fundamental ways:

1. Counselling is primarily considered more of a helping approach rather than an in-depth therapeutic intervention. It mainly focuses on exploring what particular emotional and intellectual experiences have directly led to the immediate problem of the client for which psychological help has currently been sought.
2. While psychotherapy encourages the client to recollect and delve deeply into their earlier, often unconscious experiences, counselling generally deals with specific, present-day problems. The counsellor attempts to resolve these active issues without necessarily requiring the client to become fully conscious of deeply hidden past experiences.
3. In counselling, the professional provides psychological assistance to facilitate the successful adjustment of the client with their current environment. The primary objective is to help the individual learn from recent unpleasant experiences to foster personal growth, rather than reconstructing the personality through extensive historical exploration.

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123. During a lecture, Ravi's auditory sensory reception channels were actively receiving the sounds of the professor's voice. However, because he was distracted by his thoughts, he could not appropriately respond to the professor's question, resulting in a miscommunication.

(i) Differentiate between the biological process Ravi engaged in and the essential component he missed.

(ii) Explain two consequences of failing to effectively engage in the component Ravi missed.

Ans :

(i) Ravi experienced a distinct difference between merely receiving sounds and actually comprehending them:

1. Ravi was merely engaged in hearing, which is a purely biological process. It solely involves receiving sounds passively through the auditory sensory reception channel without necessarily processing the deeper meaning or the actual intent of the transmitted vocal information.
2. Ravi completely missed the essential component of listening. Unlike basic hearing, true listening dictates that one must be highly attentive to what they hear, purposefully processing the received words to ensure the core message is properly comprehended and evaluated.

(ii) Failing to listen properly has negative consequences:

1. If the delivered message is not properly listened to and thoroughly processed, it might not be clearly understood by the receiver. This fundamental lack of clear comprehension directly prevents the individual from accurately grasping the true ideas being shared.
2. Consequently, the receiver's final response to the misunderstood message might become highly ineffective, completely inadequate, and socially inappropriate. This inevitably results in severe miscommunication that can quickly lead to many unpleasant consequences and deeply strained interpersonal relationships.

124. A local community centre started a mental health initiative providing free support sessions. Over time, they noticed a significant drop in juvenile delinquency in the area, and community members seemed to live in a much more harmonious and integrated environment.

(i) Highlight how such initiatives prevent mild problems from becoming severe societal threats.

(ii) Describe two broader benefits these counselling initiatives provide to the society at large.

Ans :

(i) Counselling acts as a vital protective mechanism for the community in the following ways:

1. Counselling is highly effective when used purposefully as a crisis intervention technique. It specifically helps to carefully address a brewing psychological problem while it remains strictly at its mild level, such as actively tackling early signs of juvenile delinquency.
2. By successfully treating these mild issues early, counselling actively prevents the problem from becoming dangerously severe over time. This crucial early intervention directly protects the vulnerable society from facing a potentially massive and highly destructive future social evil.

(ii) The broader social benefits of mass counselling initiatives include:

1. Due to continuous counselling, individuals effectively learn to adapt much better within their dynamic society. As a result, each fully developed, well-adjusted personality significantly enriches the surrounding society in multiple ways, greatly promoting the positive mental health of its people.
2. On a mass level, government organizations and various NGOs increasingly resort to professional counselling services. This widespread implementation fundamentally helps to continuously promote lasting peace, genuine happiness, and deep social integration among all members within the entire society.

125. Human interaction is a dynamic process. Even when a person is silently asleep, their brain processes ideas. Furthermore, once an angry word is shouted during a fight, it cannot be erased, and it typically triggers an immediate

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reaction from the other person, continuing the cycle.

Discuss four fundamental characteristics of communication highlighted in the given scenario.

Ans :

The scenario perfectly highlights the following four fundamental characteristics of the communication process:

1. The inherent nature of communication changes constantly. These continuous shifts occur primarily due to the ever-changing attitudes, subjective feelings, evolving expectations, and intense emotions constantly fluctuating between the specific people who are actively engaged in communicating with each other.
2. Communication does not stop as long as our brain is alive. Whether we are fully awake or completely asleep, we are always actively processing deep thoughts and complex ideas, and hence we are continuously communicating in some form or the other.
3. Communication is strictly irreversible in nature. Once a specific word or physical gesture has been visibly expressed, clearly received, and fully understood, it simply cannot be reverted, magically deleted, or erased, though one can try to mitigate it with an apology.
4. Communication naturally initiates interaction because others inevitably react to our speech and actions just as much as we react to theirs. These constant reactions then invite even more reactions, ensuring the whole dynamic process continues infinitely in a cyclic manner.

126. To accurately predict a client's aptitude and IQ for an ideal job, Dr. Sen decides to conduct a psychological assessment. To ensure the assessment is objective and scientific, Dr. Sen must possess a specific set of professional competencies beyond basic empathy and listening.

Explain any four specific skills needed by a counsellor to efficiently administer and evaluate such tests.

Ans :

A professional counsellor must possess the following crucial skills to successfully administer psychological tests:

1. The counsellor needs the skill of selecting the most appropriate tests from the many available options to evaluate the individual. This selection must be perfectly proper and deeply respectful, keeping in strict accordance with the individual's unique culture, family, and group.
2. They must possess the critical ability to meticulously collect raw data systematically and completely objectively. Gathering this vital information from multiple different sources ensures the counsellor can effectively take a highly accurate and unbiased final decision about the assessed individual.
3. The professional requires deep knowledge of complex psychometric tests, specifically understanding their inherent strengths and critical limitations. They must expertly know how to seamlessly integrate the data collected from different sources for a comprehensive result and highly accurate diagnostic purposes.
4. Finally, the counsellor needs the vital skill of effectively supervising and perfectly implementing the above-mentioned testing skills. Furthermore, they must continuously upgrade their professional skills through actively participating in various advanced academic workshops and rigorous practical training sessions.

127. Before providing a standardized personality inventory to his new client, the psychologist ensures that several essential parameters about the test's design, target audience, and measurement accuracy are explicitly clarified to maintain scientific rigor.

Describe any four fundamental facts that must be clearly stated before a psychological test is administered.

Ans :

Psychological tests should only be administered when the following crucial facts are clearly stated:

1. There must be a perfectly clear statement identifying the specific purpose of the test. The administering psychologist and the client must thoroughly understand exactly what the test is actively supposed to be used for before the testing process officially begins.
2. The exact target population for which the specific tests are designed must be

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accurately identified. Furthermore, there must be a detailed statement explaining the specific characteristics of the sample that was used while initially constructing and standardizing the psychological test.

3. A clear statement of the established norms of the test must be openly provided. This ensures there is a perfectly clear understanding of the specific appropriate reference groups that will ultimately be used to accurately interpret the individual's final scores.
4. There must be a clear statement explicitly proving the validity of the test, showing how it perfectly measures what it actually intends to measure. Additionally, a clear statement regarding the test's reliability, indicating how much error is possible, is required.

128. Raj and Simran have been married for five years but are currently facing severe communication problems, conflicts about financial issues, and disagreements regarding child-rearing. Their continuous distress is threatening to break their bond, prompting them to seek crisis intervention. Discuss four ways the specific area of counselling they are seeking can help them resolve their issues.

Ans :

Couple counselling can assist Raj and Simran in the following four ways:

1. It acts as a form of crisis intervention to resolve various adjustment issues. The main aim is to actively strengthen emotional bonds and help the conflicting partners gain a much better, deeper mutual understanding of each other to save the marriage.
2. By systematically addressing intense conflicts, it effectively prevents the relationship from completely falling apart. It directly addresses and resolves specific complex problems like communication breakdowns, deep financial problems, child-rearing disagreements, lingering anger, and highly painful infidelity issues between the partners.
3. This specialized counselling significantly helps couples to realize the true root causes of their conflicts and actively resolve them. It improves their strained relationships, greatly reducing the immense psychological distress caused to the partners and others associated with them, like children.
4. It systematically empowers the couples to independently make highly thoughtful decisions regarding their overall future. Based on the therapy, they can logically decide whether to dedicate intense efforts towards successfully rebuilding their damaged relationships or peacefully getting separated from each other.

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129. A national-level athlete has been struggling with a sudden lack of motivation and intense anxiety before major tournaments. Despite being physically fit, this mental barrier is significantly hindering his competitive performance on the field.
Describe four key ways a specialized counsellor can intervene to help this athlete improve his functioning.

Ans :

A sports counsellor can assist the struggling athlete in the following four ways:

1. The sports counsellor is mainly concerned with optimizing both the physical health and mental functioning of the sports person. Their absolute main focus is to systematically improve the ultimate performance level of the athletes during highly stressful events.
2. The professional actively engages sports persons in targeted activities focused on solving internal problems and overcoming mental barriers. This crucially involves increasing their self-confidence and significantly improving their core motivation, which are important aspects of effective sports counselling.
3. The intervention involves helping athletes set realistic goals for improved physical health, directly helping them perform much better. This structured goal-setting may systematically include following a highly proper nutritional diet and rigorously maintaining a strictly proper exercise regime.
4. The counsellors provide crucial psychological insight into the deep connection between proper mental health and dramatically improved athletic performance. They effectively offer specialized help to struggling athletes actively suffering from intense anxiety, deep depression, or severe unmanageable anger issues.

130. A group of male adolescents from a troubled neighbourhood was recently caught engaging in

Ans :

(i) Dr. Sharma is demonstrating positive regard, which involves the non-judgemental acceptance of an individual's feelings.

(ii) Unconditional positive regard serves as a core component of person-centred therapy through the following ways:

1. By providing deep importance and consistent validation to the individual's subjective feelings, positive regard directly helps to promote a highly trusting environment. In this secure space, the client feels completely safe to share their most vulnerable thoughts without the paralyzing fear of being harshly judged.
2. This characteristic is fundamentally essential as it actively helps the struggling client to heal emotionally from past traumas. Through this unconditional acceptance, the client learns to fully accept himself, which gracefully paves the way for moving forward towards achieving continuous and meaningful personal growth.
3. It dictates that the counsellor should express thoughts clearly using empathetic messages that convey deep understanding rather than giving rigid instructions. This ensures the communication remains heavily supportive, allowing the client to maintain their dignity and self-worth without feeling restricted by unhelpful diagnostic labels.

117. While listening to her client, Kavita carefully restates the main ideas conveyed by the client. She does not use the exact same words but ensures the core message is repeated so both she and the client know she has completely understood the issue.

(i) Identify the specific component of effective communication Kavita is using.

(ii) Discuss three critical reasons why this component is vital in the communication process.

Ans :

(i) Kavita is effectively using the technique of paraphrasing, an essential component of the communication process.

(ii) Paraphrasing plays a remarkably crucial role in ensuring effective and accurate communication in the following ways:

1. The fundamental process of repeating the main ideas communicated by the speaker helps the listening person confirm their comprehension. It ensures that the core message, as subjectively understood by the listener, perfectly aligns with what the original communicator genuinely intended to convey during the interaction.
2. When the main idea is accurately restated, it explicitly helps the primary communicator to know if the listener has truly understood the desired message. This immediate feedback loop is absolutely essential for maintaining a strong, trusting, and fully transparent therapeutic dialogue between both involved parties.
3. It allows the communicator to quickly clarify any potential misunderstandings or bridge significant gaps in understanding the message if necessary. Consequently, by preemptively resolving these subtle discrepancies, paraphrasing acts as a highly important component that consistently guarantees the overall effectiveness of the entire communication process.

118. Mr. Gupta, a school counsellor, collaborates closely with a teenage student facing relational problems with classmates. Together, they agree upon specific therapeutic goals and tasks, establishing a strong affective bond and a shared sense of collaboration to effectively solve the student's issues.

(i) Identify the specific term used to describe this collaborative bond between Mr. Gupta and the student.

(ii) Explain three key areas where a school counsellor like Mr. Gupta proactively assists students.

Ans :

(i) The affective bond and collaboration between Mr. Gupta and the student is termed as working alliance.

(ii) School counsellors proactively search for innovative ways to meet student needs across the following areas:

1. They directly address and resolve complex academic difficulties and intense relational problems that students might experience with their

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(ii) The first wing focuses on addressing juvenile crimes through comprehensive rehabilitation and reintegration strategies.
   1. The counsellors conduct a thorough analysis of the individual's past to understand the underlying emotional, behavioural, and personality issues that may have originally triggered them to engage in various antisocial activities like gambling, arson, or shoplifting during their confusing adolescent years.
   2. They actively encourage these troubled individuals to continue their formal education by enrolling in remedial classes or open schools, ensuring they have a constructive pathway forward rather than returning to their previous destructive habits once their punishment tenure is finally completed.
   3. Furthermore, counsellors utilise various occupational therapies to identify the hidden talents and skills of these individuals, offering practical suggestions to place them in proper, fulfilling vocations so they can successfully earn their future livelihood and smoothly reintegrate with family and broader society.

133. After several months of professional guidance, Priya was not only able to cope with her immense mental agony and loneliness but also successfully discovered her hidden potentials. Consequently, she learned to adapt better with her community, ultimately contributing to local peace.
(i) Identify the social level advantage achieved by Priya.
(ii) Elaborate on the personal-level gains an individual like Priya can achieve through this process.

Ans :

(i) Priya achieved the social advantage of learning to adapt significantly better with her society, thereby enriching her community in many ways.
(ii) Counselling facilitates profound personal transformations, helping clients successfully navigate their inner conflicts and future life aspirations.
   1. Clients successfully learn to know themselves significantly better by thoroughly evaluating their unique likes, dislikes, fundamental needs, personal aptitudes, and inherent limitations, which allows them to readjust and reconstruct their own values and beliefs for a much more balanced existence.
   2. By venting out their deep-seated problems in a safe environment, clients feel much better, relieved, and comfortable, enabling them to effectively lessen and cope with debilitating anxiety, tension, mental agony, and severe loneliness while developing a highly positive and optimistic outlook.
   3. The process empowers individuals to clearly identify their own life goals, systematically establish various practical ways and options to reach those objectives, and ultimately achieve greater self-fulfilment, self-mastery, and the crucial ability to explore completely hidden potentials and future life possibilities.

134. During a conversation, Kabir makes sure to use precise symbols and adjust his vocabulary so the exact meaning is conveyed. Meanwhile, the receiver restates Kabir's main ideas to confirm they have correctly understood the intended message.
(i) Identify the communication component utilised by Kabir.
(ii) Explain the significance of the receiver's action in making the communication process effective.

Ans :

(i) The vital communication component utilised by Kabir is speaking, involving the precise, intentional use of language, symbols, and context.
(ii) The receiver is simultaneously engaging in paraphrasing, a critical listening component that fundamentally ensures mutual understanding during human interactions.
   1. Paraphrasing involves the vital process of actively repeating the main ideas or messages that have been communicated by the speaker, demonstrating that the listener has genuinely paid attention and processed the information rather than just passively hearing the spoken words.
   2. This essential technique does not require the listener to restate the message using the exact same words of the communicator; rather, it

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139. A brief exchange of gestures and words between two colleagues quickly triggered a continuous cycle of reactions. Even after one colleague tried to apologize and take back a harsh remark, the impact of the exchange could not be erased, proving that their interaction followed specific natural rules.
Describe the fundamental characteristics of the process highlighted in this scenario.

Ans :

The scenario perfectly illustrates the complex and dynamic nature of human communication.

1. The nature of communication changes constantly because it is heavily influenced by the continuously shifting attitudes, personal expectations, hidden feelings, and volatile emotions existing between the various individuals who are actively engaging in the shared interaction at any given moment.
2. The process is entirely irreversible; once a specific word or physical gesture has been visibly expressed, formally received, and clearly understood by another person, it absolutely cannot be reverted, deleted, or completely erased from the other individual's conscious memory.
3. Although a person can desperately try to mitigate the negative impact of a harsh communication by offering a sincere apology or using strong denials, the original expressed message fundamentally remains in existence and can never be genuinely reversed or completely eradicated.
4. Communication actively initiates interaction, as people naturally react to spoken speech and actions, which in turn inevitably invites even more subsequent reactions from others, ensuring that the whole dynamic process continuously cycles forward and forms the very basis of human connection.

140. During a therapy session, a teenager sits with crossed arms and avoids eye contact while claiming to be entirely happy with her new school. The professional notices this discrepancy and attempts to mentally place himself in the teenager's situation to truly grasp her hidden emotional distress.
Discuss the critical counselling skill and the non-verbal communication component the professional is utilizing to understand the teenager.

Ans :

The professional relies on emotional perspective-taking and careful observation of physical cues.

1. The professional is actively demonstrating empathy, a critical counselling skill that involves figuratively standing in the other person's shoes to deeply understand the unique situational distress strictly from the client's own vulnerable perspective rather than just feeling superficial pity or sorrow.
2. By utilising empathy, the professional successfully creates a highly trusting, safe zone where the distressed teenager feels completely free to bravely explore, process, and validate her own confusing feelings while thinking much deeper about her difficult personal experiences and current situation.
3. The professional is also closely analysing the teenager's body language, which consists of vital non-verbal cues like rigid postures, lack of eye contact, and specific body movements that collectively serve as a highly crucial component of effective, unspoken human communication.
4. By observing that the teenager's verbal claim of happiness completely contradicts her closed physical posture, the professional evaluates the congruency between her verbal and non-verbal messages, analysing her past behaviour patterns to accurately decode the actual hidden distress she is experiencing.

141. Read the conversation below and answer the questions that follow:
Rajat (Client): "I am just so furious with my former business partner, Amit. He ruined me completely."
Counsellor: "I understand that you are feeling very angry and betrayed right now."
Rajat (Client): "Angry? I bought a weapon yesterday. I am going to his house tonight and I will end this once and for all."
Counsellor: "Rajat, you are talking about physically harming Amit. We need to discuss this immediately."
Rajat (Client): "You cannot tell anyone! This is a private session, and you promised to keep all my secrets safe!"

(i) Identify the ethical principle that the counsellor must invoke in this specific situation.
(ii) Explain the general rule of this principle in counselling and the exception clearly

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2. This critical ethical exception is formally termed the Tarasoff decision, which legally and morally binds the professional to immediately inform and warn the threatened classmate's family or friends to prevent any potential physical harm or dangerous consequences from occurring.

137. An exchange student from a Western country is interacting with a peer from an East Asian country. The Western student expects clear, literal, and direct messages, while the East Asian student relies heavily on shared contextual understanding and silence as a mark of respect.

(i) Discuss the specific cultural framework shaping the East Asian student's communication style.

(ii) Explain how the division of a listener's mental focus can negatively impact such complex cross-cultural interactions.

Ans :

(i) Cultural backgrounds heavily shape our behavioural expectations and interpretation of cues.

1. The East Asian student belongs to a high-context culture, which fundamentally relies on shared understanding, situational context, and extensive non-verbal communication to fully comprehend what is being communicated, rather than depending on explicit, loudly spoken, or highly direct verbal messages.
2. In this specific cultural framework, silence is frequently interpreted as a profound mark of respect, whereas individuals from low-context Western cultures might completely misinterpret this same silence as feeling extremely awkward, unproductive, or even as a clear sign of disagreement.

(ii) Effective communication necessitates complete mental dedication to the speaker.

1. Paying focused attention is a basic component of successful communication, ensuring that all concerned parties receive the delivered message clearly, appropriately clarify any underlying doubts, and effectively respond while strictly keeping to the necessary contextual reference of the ongoing conversation.
2. When an individual's attention is heavily divided between multiple stimuli—like what they are hearing, surrounding events, and internal thoughts—the crucial process of understanding complex cross-cultural messages completely breaks down, ensuring the communication might not remain very effective.

138. Before evaluating an individual's aptitude and emotional intelligence for a corporate placement, a professional must ensure they are using standardized tools. They must carefully verify specific foundational facts about the tool, such as its intended purpose, consistency, and the demographics it was originally built upon.
Detail the specific factual information that must be clearly stated and understood by the professional before administering such tools.

Ans :

Professionals must meticulously verify several standardized parameters before objectively testing clients.

1. There must be a perfectly clear statement defining the fundamental purpose of the test, ensuring the professional exactly understands what the assessment is designed to be used for before applying it to measure the specific individual's unique abilities or traits.
2. The precise target population must be clearly identified, accompanied by a detailed statement of the original sample used during test construction, including crucial demographic traits like the nationality, specific age group, general literacy level, and socio-economic status of the tested people.
3. The tool must provide a clear statement regarding the norms of the test, presenting the appropriate reference groups that will be exclusively used to systematically evaluate, thoroughly compare, and accurately interpret the final scores obtained by the currently tested individual.
4. There must be explicit statements concerning both the validity of the tool, proving it actually measures what it intends to measure, and its reliability, indicating exactly how much mathematical error can be realistically possible within the final generated test scores.

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array of psychological problems where individuals may feel highly anxious, fearful, sad, apathetic, alienated, or lonely, and may even develop paranoid tendencies.

2. To effectively counter these negative reactions, this specialized counselling method actively helps older people find new sources of enjoyment and establish new support systems, which plays a crucial role in significantly increasing their overall sense of self-importance and encouraging social engagement.
3. Furthermore, engaging them in various meaningful social activities is highly prioritised. Ultimately, this approach successfully helps older individuals face their underlying fears regarding death and properly deal with the immense grief arising out of the frequent deaths of their close friends or spouse.

148. "To be a helper of others, one must first possess a transparent soul and a heart that accepts without conditions." - Rollo May

During therapy, Anjali's counsellor is completely honest about the therapeutic process and appropriately shares insights. Furthermore, when Anjali tearfully expresses deep feelings of guilt without being interrupted, the counsellor validates her emotions entirely without attaching any restrictive tags to her personality.

(i) Describe the professional characteristic demonstrated by the counsellor's honesty and transparency.

(ii) Discuss the professional characteristic shown when the counsellor validates Anjali's emotions without attaching tags.

Ans :

(i) The counsellor demonstrates authenticity, establishing a truly transparent connection with the client.

1. An authentic counsellor's behaviour remains highly consistent with what they value and their own self-awareness. They ensure they are completely honest, transparent, present, and responsive to the client's issues, often engaging in appropriate and balanced self-disclosure alongside strict professionalism.
2. This vital characteristic successfully builds a therapeutic relationship where the client can confidently show their vulnerabilities. It creates a highly safe space for the client to look into difficult and sensitive issues fearlessly while modelling true inner authenticity.

(ii) The counsellor also shows positive regard through absolute non-judgemental acceptance.

1. Positive regard fundamentally involves giving genuine importance and validation to the individual's feelings. This promotes a deeply trusting environment where the client feels completely safe to share their internal thoughts without harbouring any fear of being judged by the counsellor.
2. This is effectively demonstrated by allowing the client to speak freely without interruption. The counsellor conveys clear understanding rather than issuing instructions, and strictly avoids attaching negative labels to the client, which ultimately helps the client heal emotionally.

149. "Measurement is the first step that leads to control and eventually to improvement. If you can't measure something, you can't understand it." - H. James Harrington

Dr. Menon, a vocational counsellor, needs to administer intelligence and aptitude assessments to a young client to help them choose the right career path. To ensure the procedure is highly objective and scientifically valid, he must clarify several foundational facts before interpreting any resulting scores.

Discuss the key facts that must be clearly stated by Dr. Menon before administering and evaluating these psychometric tools.

Ans :

Dr. Menon must clearly state several foundational facts regarding the psychological tools before interpreting them.

1. The primary purpose of the psychometric test must be outlined to understand exactly what it is used for, alongside precisely identifying the specific target population for whom these psychological assessments have been originally designed and deemed highly appropriate.
2. A comprehensive statement of the exact sample used during the test's construction is essentially required. This includes detailing the participants' nationality, specific age

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demonstrated in the dialogue.

Ans :

(i) The ethical principle the counsellor must invoke is the exception to confidentiality, specifically known as the Tarasoff decision.

(ii) Maintaining confidentiality about a client's problems is an important aspect of counselling, but specific exceptions exist:

1. Counselling involves a relationship of trust. Maintaining confidentiality about the problems faced by the client is another important aspect of counselling. The counsellor helps the client to develop new skills and increased understanding of themselves and others in a safe environment.
2. This confidentiality may be broken by the therapist or counsellor in situations where the client provides explicit indications of harming self or others. The counsellor cannot keep such dangerous information a secret, as protecting lives supersedes the privacy of the therapeutic relationship.
3. In such extreme cases, the therapist or counsellor is legally and ethically bound to inform and warn the client's family, friends, or the intended victim. This critical action of breaching confidentiality to prevent harm is termed as the Tarasoff decision.

142. Read the conversation below and answer the questions that follow:

Rahul: "Dadaji, you haven't come down to the park with your friends all week. Are you feeling okay?"

Dadaji (Grandfather): "What is the point, Rahul? Everyone is leaving this world. Soon it will be my turn."

Rahul: "Please do not say that! You can find new hobbies, or we can go to the community spiritual centre."

Dadaji: "I feel lonely and irritable all the time. I even feel like the neighbours are plotting to steal my pension."

Rahul: "Dadaji, these feelings are overwhelming. Let me take you to a professional who helps people of your age navigate these difficult life changes."

(i) Identify the specific area of counselling Rahul is suggesting for his grandfather.

(ii) Describe any three ways this specific type of counselling can help individuals like Dadaji based on the chapter.

Ans :

(i) The specific area of counselling that Rahul is suggesting for his grandfather is known as Geriatric counselling.

(ii) Geriatric counselling is a highly beneficial approach that helps older individuals manage problems arising in and from old age:

1. Accepting various physical changes during this period is quite difficult for many people, often leading to negative reactions and psychological problems. Geriatric counselling helps them properly navigate and accept these inevitable physical changes, significantly improving their overall daily functioning and mindset.
2. Older individuals may feel anxious, sad, alienated, or lonely. Geriatric counselling effectively helps them to find new sources of enjoyment and find new support systems, which in turn increases their sense of self-importance and engages them actively in social activities.
3. During this phase, elderly people may have paranoid tendencies, suffer from depression, or make suicidal attempts. Geriatric counselling crucially helps the older people to face their fears of death and effectively deal with grief arising out of frequent deaths of friends or spouses.

143. Read the conversation below and answer the questions that follow:

Kavita: "I am just so overwhelmed with the board exams. I feel like no matter how much I study, I forget everything the next day."

Meera: "So, if I am understanding you correctly, you are saying that despite putting in long hours of preparation, your retention feels very low, which is causing you immense stress?"

Kavita: "Exactly! That is exactly how I feel. Sometimes I think you understand me better than I do."

Meera: "Well, I always try to pay close attention when you speak, instead of just hearing your words."

Kavita: "I appreciate that. It makes me feel truly heard and respected."

(i) Identify and explain the specific

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communication skill demonstrated by Meera in her first response to Kavita.

(ii) Based on Meera's second statement, distinguish between the two concepts she refers to.

Ans :

(i) The communication skill demonstrated by Meera is paraphrasing.

1. The process of repeating the ideas that have been communicated by the person who has been listening to it, is called paraphrasing. It is a vital component of effective communication where the listener actively clarifies any misunderstanding or gaps.
2. Paraphrasing need not be done in the exact words of the communicator, but the main idea or the message as understood by the person listening, when restated, helps the communicator to know if the person has actually understood the message.

(ii) Meera distinguishes between the concepts of hearing and listening.

1. While the process of hearing involves the auditory sensory reception channel and is merely a biological function, it does not guarantee that the message has been mentally processed or comprehensively understood by the person receiving the various auditory signals.
2. To listen, one must be attentive to what he or she hears. Paying attention to what is heard is an essential part of listening. If the message is not properly listened to, the response might be ineffective, inadequate, and inappropriate.

144. Read the conversation below and answer the questions that follow:

Mr. Sharma (Teacher): "Before you give this aptitude test to your participant, you cannot just hand over the paper."

Anjali (Student): "I know, Sir. I need to ensure they are comfortable and willing to take the assessment."

Mr. Sharma: "Yes, but as a trained psychologist, you must also clearly state certain factual information about the test itself before administering it."

Anjali: "Do you mean explaining who the test is meant for and what exactly it measures?"

Mr. Sharma: "Exactly. The test can only be administered when these specific facts are clearly stated to ensure standardized and objective evaluation."

Ans :

A trained counsellor must clearly state these facts before administering psychological tests to an individual:

1. The exact purpose of the psychological test must be clearly stated so the participant understands what it has to be used for. This helps maintain transparency and establishes a respectful environment in keeping with the individual's unique culture and group.
2. The target population for the tests must be identified, and a statement of the sample used while constructing the test must be given. This includes facts like the age group of the samples, socio-economic status, and literacy level of the people.
3. The norms of the test must be clearly stated, meaning there should be a clear statement of the appropriate groups that will be used to interpret the scores. This guarantees that the evaluation is done objectively following standardized scientific interpretations.
4. There must be a clear statement of the validity and reliability of the test. This shows how the test measures what it intends to measure and how much error can be possible in the scores, along with other extraneous factors.

145. Read the conversation below and answer the questions that follow:

Suresh (Manager): "Vikram, I have noticed your productivity has dropped recently, and you seem very anxious during our team meetings."

Vikram (Employee): "I am sorry, Suresh. I am struggling to manage the new project deadlines along with my mother's severe illness at home."

Suresh: "I understand. As an organization, we want a stress-free and capable workforce. We have recently hired a professional in the HR department."

Vikram: "You mean someone who can help me balance my work and personal life?"

Suresh: "Yes, they will assist you with an active problem-solving approach. It is like an insurance policy for us to keep our employees healthy and motivated."

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Ans :

The manager refers to workplace counselling. This type of counselling in the organizational setup provides these benefits:

1. Workplace counselling has emerged as one of the main human resource strategies to attract and retain the best employees. Organizations use it to increase the overall quality of the workforce, ensuring that employees feel valued and supported.
2. Employees may be stressed, depressed, or anxious due to various job-related issues like meeting targets, managing tight deadlines, or a lack of work-family balance. This counselling actively assists them in coping with such distress, especially when disturbed by personal problems.
3. It aims to actively assist both the employer and the employee by effectively intervening with an active problem-solving approach. It helps to significantly increase overall productivity by systematically reducing the stress-related inefficiency and incompetencies of the affected workforce.
4. Employers often view workplace counselling as an essential insurance policy against the threat of compensation claims made by employees exposed to work-related stress. It also actively helps to create a highly positive reputation for the employer as being a caring employer.

146. "The trust between a client and their therapist is sacred, but it is not absolute when the safety of others hangs in the balance." - Unknown
Sameer, a college student, has been attending therapy sessions. During a session, he angrily reveals a specific, detailed plan to physically harm his roommate later that night. Recognising the immediate danger, the counsellor decides to inform both the roommate and the hostel warden.

(i) Identify the specific ethical exception demonstrated by the counsellor's action.

(ii) Explain the general rule regarding this aspect of the therapeutic relationship and discuss the necessity of breaking it in such contexts.

Ans :

(i) The specific ethical exception demonstrated by the counsellor's action in this scenario is termed as the Tarasoff decision.

(ii) The general rule is maintaining trust, but exceptions exist to prioritize human safety and well-being.

1. Counselling is fundamentally a cooperative process that involves establishing a strong relationship of trust between both parties. Consequently, maintaining absolute confidentiality about the specific problems and intimate concerns faced by the client remains an incredibly important aspect of professional counselling or psychotherapy.
2. Despite this core rule, this trust can and must be broken by the therapist or counsellor in highly dangerous situations where the client provides explicit, undeniable indications or clear threats regarding physically harming themselves or causing severe harm to other individuals.
3. In such critical cases, the therapist or counsellor is professionally bound to take immediate action to inform and warn the client's family, friends, or potential targets, thereby prioritizing safety over absolute privacy, a mandate legally termed as the Tarasoff decision.

147. "The later years of life bring a unique set of shadows, where the physical body changes and the mind grapples with an evolving sense of purpose." - Carl Jung
Mr. Sharma, a 72-year-old retired officer, has recently become extremely fearful, apathetic, and alienated after the passing of his close friends. He expresses paranoid tendencies and feels his life has lost its meaning.

(i) Identify the specific area of psychological assistance required for Mr. Sharma.

(ii) Explain the psychological challenges faced during this stage and how the identified assistance can help him overcome them.

Ans :

(i) Mr. Sharma requires geriatric counselling to manage the multi-faceted problems arising in and from his old age.

(ii) This specialised counselling approach helps elderly individuals navigate their emotional distress and find renewed meaning.

1. Accepting the various physical changes that occur during this period is quite difficult for many people, leading to an

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emerging doubts, and respond effectively, ensuring her focus is never divided among other surrounding stimuli.

2. Speaking: Using language through symbols and precise words is vital. Meera needs to adjust her vocabulary to fit the specific context, ensuring that the actual meaning of her intended speech is properly conveyed and understood by the client exactly as meant.
3. Listening: Hearing is a merely biological function, whereas listening requires Meera to be highly attentive to what she hears. Without proper listening, the client's message might be completely misunderstood, resulting in inadequate, ineffective responses and unpleasant consequences due to miscommunication.
4. Paraphrasing: This process involves Meera repeating the core ideas communicated by the client. By restating the main message without using exact words, she helps the client see that they are understood, allowing them to clarify any lingering misunderstandings or communication gaps.
5. Body language: Along with verbal messages, non-verbal cues like gestures, body movements, and eye contact form a vital component. Meera must observe these physical cues and look for congruency between the verbal message and body language based on the client's past behavioural patterns.
6. Role of culture: A client's cultural upbringing strongly shapes their thought processes and communication styles. Meera must recognise whether the client relies on high-context shared understanding or low-context literal meanings, as cultural norms dictate interpretations of silence, respect, and non-verbal expressions.

152. A large corporate firm is noticing high rates of absenteeism, unmet deadlines, and constant friction among staff. The HR director plans to hire a professional to assist the employees, believing this strategy will protect the company against future compensation claims and improve their overall reputation.

(i) Identify the specific type of counselling required here and explain its primary aim.

(ii) Explain five ways this specific type of counselling benefits both the employer and the employees in such a corporate setup.

Ans :

(i) The corporate firm requires workplace counselling, which has emerged as an essential organisational intervention. Its primary aim is to assist both the employer and the employee by intervening with an active problem-solving approach to tackle various work-related and personal stressors effectively.

(ii) Implementing this professional assistance in a modern organisational setup offers several crucial advantages for the overall workforce and the corporate management team:

1. Attracting and retaining talent: This specific intervention has emerged as one of the main human resource strategies for companies today. By offering these professional support services, employers can easily attract the best employees and retain them, thereby significantly increasing the overall quality of their workforce.
2. Managing job-related distress: Corporate employees often become severely stressed, depressed, or anxious due to various organisational issues. This service actively helps workers cope with demanding challenges like meeting strict targets, managing tight deadlines, maintaining a delicate work-family balance, or dealing with disturbing personal problems.
3. Establishing a capable workforce: Employers have increasingly realised the profound importance of having a stress-free, highly motivated, and capable workforce. Integrating these professional services into their corporate structure ensures that the employees remain mentally healthy, driven, and properly equipped to handle daily corporate pressures.
4. Increasing overall productivity: By providing a safe platform to resolve grievances through a structured problem-solving approach, this process directly helps to increase organisational productivity. It effectively reduces stress-related inefficiency and minimises the

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group, literacy levels, and overall socio-economic status, ensuring the client perfectly matches the foundational demographic background.

3. The established norms of the test must be explicitly presented, providing a clear statement of the appropriate reference groups that will be exclusively used to properly interpret the client's final scores, ensuring the subsequent vocational recommendations remain scientifically accurate.
4. Clear statements defining the validity of the test—showing how it measures what it intends to—and its reliability, indicating the possible error in scores, must be strictly included alongside details about the time taken, scoring pattern, and extraneous environmental factors.

150. "The most important thing in communication is hearing what isn't said, yet this silence is translated differently across the borders of the world." - Peter Drucker

During an international student exchange program, Rohan interacts with peers from East Asia and Western Europe. He notices that his Western peers prefer direct, literal verbal instructions, whereas his East Asian peers rely heavily on shared understanding and non-verbal cues, sometimes using silence as a mark of respect.

Analyze how an individual's societal background shapes their listening and interpretation of messages, referencing the distinct contextual environments mentioned in the scenario.

Ans :

The societal environment in which individuals are raised fundamentally shapes their behaviour patterns and underlying thought processes.

1. Societal background plays a vital role in influencing how an individual actively listens to a communication, interprets its meaning, and responds. This deeply shapes their core expectations regarding both verbal and non-verbal interactions during any interpersonal exchanges with their diverse peers.
2. Many East Asian backgrounds represent high-context environments. They heavily utilise nonverbal communication and rely on a shared understanding of a situation or context to accurately comprehend what is being communicated without needing every single detail explicitly stated during the conversation.
3. Conversely, many Western backgrounds operate strictly as low-context environments. These societies predominantly rely on the literal, exact meaning of spoken words and strongly prefer clear, highly direct verbal messages to ensure effective communication, rather than depending on subtle contextual clues.
4. Furthermore, ingrained societal norms heavily influence the expression of messages through elements like silence. While some backgrounds view silence as a distinct mark of respect, others might perceive it negatively as feeling socially awkward, demonstrating disagreement, or lacking conversational enthusiasm.

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EIGHT MARKS QUESTIONS

151. Meera is training to be a therapist and realises that simply hearing her clients is not enough. She needs to understand how messages are shared, received, and interpreted, especially considering that her clients come from vastly different backgrounds.

(i) Identify the specific term used to describe the consistency between a client's verbal message and their physical non-verbal cues.

(ii) Explain six essential components of communication that Meera must focus on to ensure the effective sharing and understanding of messages.

Ans :

(i) The specific term used to describe the consistency between a client's verbal message and their physical non-verbal cues is termed congruency.

(ii) To ensure that messages are accurately received and effectively understood during sessions, Meera must focus on the following six essential components of the communication process:

1. Attention: Paying active attention is a fundamental component for effective communication. Meera must remain completely attentive to the process to receive the message clearly, clarify any

focuses entirely on expressing the core idea or fundamental meaning as it was authentically understood by the receiving person.

3. When the message is restated, it immensely helps the communicator to immediately know if the person has accurately understood what was intended, allowing them to instantly clarify any gaps, prevent dangerous misunderstandings, and ensure the communication remains highly effective and clear.

135. A corporate firm hires an expert to assist employees who are struggling with managing deadlines and work-family balance, hoping to increase productivity. Meanwhile, a local athletic club hires an expert to help runners overcome mental barriers and set goals for better physical health.

(i) Identify the type of counselling provided at the athletic club.

(ii) Explain the purpose and benefits of the counselling intervention implemented by the corporate firm.

Ans :

(i) The type of counselling provided at the athletic club is sports counselling, explicitly focusing on maximizing physical health and performance improvement.

(ii) The corporate firm is actively utilising workplace counselling, an essential human resource strategy designed for sustaining long-term organisational success.

1. This specific intervention aims to systematically assist both the employer and the employee by intervening with a highly active problem-solving approach to tackle severe stress, depression, and anxiety caused by demanding job-related issues like meeting tough targets and managing strict deadlines.
2. By substantially reducing stress-related employee inefficiency and various professional incompetencies, this counselling directly helps to massively increase overall workforce productivity, ensuring that the organisation successfully retains its best employees while maintaining a highly motivated, stress-free, and truly capable professional team.
3. Employers frequently view this service as a protective insurance policy against potential compensation claims made by staff exposed to extreme work-related stress, while simultaneously creating a highly positive public reputation for the employer as being an exceptionally caring and supportive organisation.

136. Samir confided in his best friend about his severe academic distress, but his friend became heavily biased and offered immediate advice. Frustrated, Samir visited a professional who did not judge him. During the session, Samir explicitly threatened to physically harm a classmate who had been bullying him.

(i) Explain why Samir's best friend could not effectively act as a counsellor.

(ii) Describe the ethical obligation the professional must fulfill regarding Samir's threat.

Ans :

(i) Friends naturally lack the objective professional boundaries required to facilitate genuine psychological healing.

1. Samir's friend is emotionally involved with him, which naturally makes the friend highly judgmental and heavily biased in their viewpoints, completely preventing a truly objective understanding of the deep psychological conflicts and specific situational distress Samir is currently experiencing.
2. Unlike a trained professional, the friend immediately offered direct advice, whereas a true counsellor does not give advice or judge, but rather gently encourages the individual to independently explore difficult feelings and make their own effective decisions for positive behavioural change.

(ii) The professional must navigate strict confidentiality rules regarding safety.

1. Although maintaining absolute confidentiality about a client's personal problems is an immensely important aspect of the therapeutic relationship, it must be decisively broken by the professional in specific situations where the client provides explicit indications of harming themselves or other vulnerable people.

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professional incompetencies that usually arise when employees are completely overwhelmed by work pressures.

5. Providing insurance and reputation: From the corporate employer's perspective, this psychological service is often viewed as a reliable insurance policy against the threat of compensation claims made by employees exposed to work-related stress. It additionally builds a highly positive reputation for the employer as a caring organisation.

153. After undergoing regular therapy sessions, Rohan feels relieved and is better able to manage his anxiety. Meanwhile, a local NGO initiates a community support program to prevent mild behavioural issues in youth from escalating into severe crimes.

(i) Based on the NGO's initiative, explain three ways counselling benefits the society at a macro level.

(ii) Drawing from Rohan's experience, discuss four personal gains an individual can achieve through counselling.

Ans :

(i) Counselling plays a highly crucial role in promoting positive mental health and greatly benefiting the community at a macro level in the following three ways:

1. Societal adaptation: Individuals learn to adapt much better to their surrounding society. Consequently, each fully developed personality positively enriches the community, contributing to overall social harmony and improved collective well-being across different populations.
2. Crisis intervention: Counselling serves as a vital crisis intervention technique addressing mild problems like delinquency. Treating issues early prevents problems from becoming severe, effectively protecting the society from potential criminal elements and evils.
3. Promoting integration: On a mass level, government departments and Non-Governmental Organisations resort to these interventions. By implementing wide-scale programs, they successfully promote lasting peace, widespread happiness, and stronger social integration among diverse societal groups.

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(ii) Clients experience profound psychological growth and positive transformation through the therapeutic process in the following four ways:

1. Emotional relief: The client gets an opportunity to vent out deep-seated problems in a confidential space. Expressing suppressed emotions allows the individual to feel significantly better, emotionally relieved, and much more comfortable in daily functioning.
2. Coping with distress: Sessions empower the client to successfully lessen and cope with debilitating psychological states. The individual learns to effectively manage intense anxiety, tension, mental agony, and severe loneliness that disrupt normal daily life.
3. Readjusting beliefs: The intervention actively guides the client in comprehensively evaluating their internal cognitive framework. It allows them to systematically readjust and reconstruct their own psychological needs, personal values, and core beliefs to align with current situations.
4. Exploring potentials: The journey encourages profound self-exploration going far beyond immediate problematic symptoms. It enables the client to discover and explore their hidden potentials and untapped possibilities, ultimately fostering a highly positive outlook and deep optimism.

154. Dr. Sharma is preparing to evaluate a client's aptitude for a specific vocational course. Before handing the client the questionnaire, she carefully reviews the manual to check the demographic group the tool was designed for and whether it genuinely evaluates what it claims to evaluate.

(i) Identify the specific term used in the scenario for the demographic group the tool was designed for.

(ii) Identify the specific testing concept checked by Dr. Sharma to ensure the test evaluates what it claims to evaluate.

(iii) Discuss five essential skills that Dr. Sharma, as a professional counsellor, needs to possess to administer and evaluate psychological tests effectively.

Ans :

(i) The specific term used to indicate the demographic group that the psychological test is carefully designed for is known as the target population.

(ii) The specific testing concept checked by the counsellor to confidently ensure the tool accurately measures what it intends to measure is called validity.

(iii) To assess a client's characteristics, aptitude, and attitude accurately, a professional counsellor must possess the following crucial psychological testing and evaluation skills:

1. Objective administration: The counsellor must possess the skill to administer and evaluate required psychological tests objectively. This involves strictly following established scientific steps with standardised interpretations to accurately understand and predict the individual's behaviour and match them to an ideal job.
2. Appropriate selection: The professional needs the ability to select the most appropriate psychological tests from the many available options. This selection must be proper and highly respectful, carefully keeping in line with the individual client's unique cultural background, family, and group dynamics.
3. Systematic data collection: A key skill is the ability to carefully collect relevant data in a highly systematic and objective manner. The counsellor must gather this diverse information from different reliable sources to take a well-informed, objective decision regarding the individual client's future.
4. Psychometric knowledge: The professional must have profound knowledge of various psychometric tests, thoroughly understanding their specific strengths and limitations. They must know how to seamlessly integrate the collected data for a comprehensive result and for accurate diagnostic purposes regarding the client.
5. Skill upgradation: The counsellor must be capable of effectively supervising and implementing all the above-mentioned testing skills in practice. Furthermore, they need the dedication to continuously upgrade these evaluation skills by actively participating in various professional training sessions and educational workshops.

155. During a session, Kabir admits to his therapist that he intends to severely harm his former business partner. The therapist, who usually maintains a completely non-judgemental and trusting environment, realises she must break her professional silence regarding this specific threat.

(i) Identify the exact term used when a therapist is bound to inform and warn a client's family or friends about explicit indications of harm.

(ii) Explain the concept of 'working alliance' in the context of a therapeutic relationship.

(iii) Discuss four key characteristics (excluding communication skills) that a good counsellor must exhibit to build a safe, therapeutic space for the client.

Ans :

(i) The exact term used when a therapist is legally or ethically bound to break strict client confidentiality to inform and warn others about explicit indications of physical harm is called the Tarasoff decision.

(ii) The working alliance refers to the essential affective bond established between the therapist and the client. It includes a strong sense of collaboration and a mutual agreement regarding the specific goals and tasks of therapy, which ultimately determines the success of the psychotherapeutic process.

(iii) To facilitate deep emotional healing and build unwavering trust, a trained professional must consistently exhibit the following crucial characteristics and attitudes during counselling sessions:

1. Authenticity: The counsellor's behaviour must remain highly consistent with their internal core values and self-awareness. This vital consistency makes the therapist trustworthy and transparent, creating a safe space for the client to fearlessly delve deeper into their difficult, sensitive issues and hidden vulnerabilities.
2. Balanced professionalism: A highly effective counsellor should always be honest, deeply present, and highly responsive to the client's underlying issues. They could carefully engage

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in appropriate and perfectly balanced self-disclosure while maintaining strict professional boundaries to serve as a positive model for the client.

3. Positive regard: This crucial trait involves the complete non-judgemental acceptance of the individual, giving utmost importance and validation to their personal feelings. This unconditional positive regard allows the client to speak freely without any fear of being labelled, evaluated, or abruptly interrupted during therapy.
4. Deep empathy: The professional must possess the critical skill to practically stand in the other person's shoes. By deeply understanding the complex situation purely from the client's unique perspective, the therapist fosters a safe zone where the client feels completely free to validate their feelings.

156. Study the exchange given below and respond to the questions:

Rahul: "I feel completely overwhelmed. I don't know what my goals are anymore, and I constantly feel anxious and lonely."

Counsellor: "We can work together to explore your thoughts, build your confidence, and help you regain a sense of optimism."

(i) Based on the text, what is the ultimate role of a counsellor?

(ii) Explain any six personal gains Rahul can achieve through this counselling process.

Ans :

(i) The ultimate role of a counsellor is to enable the client to make their own choices, take their own decisions, and act accordingly to lead a meaningful life.

(ii) Through effective counselling, Rahul can experience several profound personal gains that will significantly improve his overall psychological well-being.

1. He can get to know his own self better in respect of his unique likes, dislikes, personal needs, innate aptitudes, and individual limitations, helping him build a realistic self-image and navigate his current overwhelming feelings with much greater clarity and absolute confidence.
2. The process will help him feel significantly better, highly relieved, and far more comfortable after safely venting out his deeply held problems, frustrations, and emotional burdens within a secure, confidential, and completely non-judgmental therapeutic environment provided by the professional counsellor.
3. It enables him to successfully lessen and effectively cope with his persistent anxiety, chronic tension, severe mental agony, and deep feelings of loneliness by developing robust coping mechanisms and healthier emotional responses to his highly stressful daily life situations and challenges.
4. He will be able to clearly identify his own specific goals in life and subsequently establish or systematically explore the most viable ways, strategic options, and practical steps required to successfully reach those desired milestones and extremely important life objectives.
5. The counselling sessions will continually assist him to deeply develop a highly positive outlook and strong feelings of optimism, thereby completely replacing his current pessimistic and overwhelmed mindset with a wonderfully refreshed, exceptionally hopeful, and constructive approach towards his future.
6. He can effectively achieve greater overall self-fulfilment and highly developed self-mastery, which will thoroughly empower him to confidently manage his personal affairs, strictly regulate his negative emotions, and consistently maintain extremely healthy psychological boundaries in his dynamic everyday modern life.

157. Examine the following interaction and answer the questions:

During a session, Sunita noticed her client looking at the floor with crossed arms while saying, "I am totally fine and have no worries." Sunita carefully noted the mismatch between the spoken words and the client's physical posture. She then restated the client's underlying message to ensure she understood correctly.

(i) Identify and explain the specific communication concept regarding the mismatch observed by Sunita.

(ii) Describe the five main components of communication that are essential for Sunita to conduct an effective session.

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Ans :

(i) The mismatch highlights a lack of congruency between the verbal and non-verbal message. Congruency refers directly to the psychological consistency or similarity between a person's spoken words and their observed body language patterns.

(ii) Sunita must actively utilise several essential components of effective communication during the complex counselling process to ensure complete mutual understanding.

1. Paying proper attention is a fundamentally vital component, strictly requiring all concerned individuals to be fully attentive so they can clearly receive the delivered message, quickly clarify any arising doubts, and appropriately respond without dividing focus among various external environmental stimuli or intrusive personal thoughts.
2. Speaking heavily involves using highly specific language, carefully chosen symbols, and exceptionally precise words in the correct contextual framework, consistently ensuring the actual meaning of the intended speech is perfectly conveyed and universally understood exactly as the skilled communicator originally meant it to be interpreted.
3. Listening goes far beyond mere biological hearing; it essentially demands the individual to be highly attentive to what is currently heard, actively preventing ineffective or inadequate responses and entirely avoiding potentially severe miscommunications that could easily lead to multiple unpleasant psychological consequences during therapy sessions.
4. Paraphrasing is the highly conscious process of precisely restating or systematically repeating the main ideas communicated by the speaker, heavily helping the communicator instantly know if the actively listening person has accurately understood the truly intended underlying message without simply parroting their exact spoken words.
5. Body language involves meticulously observing vital non-verbal cues like subtle hand gestures, shifting physical postures, sustained eye contact, and clothing choices, which collectively provide crucial context, often accurately communicating suppressed true feelings that might entirely contradict whatever the person is presently attempting to state verbally.

158. Based on the case details below, respond to the following:

Mr. Sharma, aged 72, recently lost his spouse and has developed paranoid tendencies, rapidly alienating himself from his family. Concurrently, his 15-year-old grandson, Kabir, was caught shoplifting and gambling, reflecting severe, unaddressed emotional issues.

(i) How can a specialised counsellor assist Mr. Sharma in overcoming his current psychological challenges?

(ii) Explain how a counsellor would approach the rehabilitation of Kabir.

Ans :

(i) Geriatric counselling can effectively help Mr. Sharma manage the multi-faceted and overwhelming psychological problems specifically associated with old age.

1. The professional counsellor can significantly help him to boldly face his underlying fears of death and effectively deal with the profound grief arising from the extremely frequent and painful deaths of his beloved spouse or close friends, providing immense emotional relief.
2. It actively assists him to passionately find exciting new sources of daily enjoyment and deliberately discover reliable new support systems, which significantly increases his diminishing sense of personal self-importance and intrinsic self-worth during this incredibly difficult and lonely transitional period.
3. The structured therapy will heavily encourage him by enthusiastically engaging him in various meaningful social activities, thereby radically decreasing his current feelings of deep alienation, chronic loneliness, and unwarranted paranoid tendencies that have severely disrupted his overall mental health stability.

(ii) Counselling forms a highly critical and major provision in the comprehensive rehabilitation and societal reintegration of juvenile delinquents like Kabir.

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1. The competent counsellor must actively address Kabir's highly complex emotional, deeply rooted behavioural, and intricate personality issues by conducting a remarkably thorough analysis of the individual's past experiences that may have originally triggered him to engage in destructive antisocial activities.
2. The professional will strongly encourage the young delinquent to purposefully continue his formal education by promptly enrolling him in highly supportive remedial classes or flexible open schools, which practically guarantees a much better, brighter, and academically secure future for him.
3. The dedicated counsellor will carefully assist Kabir to successfully reintegrate back into mainstream society immediately after his designated punishment tenure is fully completed, seamlessly reconnecting the boy with his loving family, supportive friends, and the broader social community at large.
4. The expert may innovatively use various highly effective occupational therapies to accurately identify the boy's unique hidden talents and distinct skills, subsequently offering practical suggestions to strategically place him in proper vocations so he eventually earns an honest, respectable livelihood.

159. Analyse the scenario and answer the questions that follow:

Dr. Menon is preparing to administer an intelligence assessment on a young adult client to understand his cognitive abilities. Before proceeding, she strictly ensures that she has objective data and clearly understands the reliability and target population of the specific tool she has chosen.

(i) Identify the specific type of measure Dr. Menon is administering.

(ii) What is meant by the 'validity' of such an assessment?

(iii) Excluding target population and reliability, describe five essential facts that must be clearly stated before this assessment is administered.

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Ans :

(i) Dr. Menon is diligently preparing to administer a structured psychological test, also known strictly as a psychometric test, to objectively evaluate the individual's cognitive abilities and highly specific characteristics.

(ii) The validity of the specific psychological test refers to a highly clear and detailed statement explicitly showing exactly how the chosen assessment tool accurately measures what it originally intends to measure.

(iii) Before administering the psychological test, Dr. Menon must ensure several critical and highly relevant facts are clearly stated to strictly maintain professional testing standards.

1. She must firmly establish a highly clear statement regarding the exact purpose of the psychological test, ensuring everyone comprehensively understands precisely what the specific assessment tool has to be accurately utilised for within the given clinical or professional counselling context.
2. There must be a highly detailed statement describing the precise sample that was originally used while formally constructing the test, explicitly identifying if it was historically given to Indians, Americans, or Chinese to absolutely guarantee its strict cultural contextual appropriateness.
3. The specific traits or unique characteristics of the originally tested sample must be clearly defined, thoroughly detailing the specific age group, the general literacy level of the participants, and the overall socio-economic status of the involved people prior to administration.
4. The clear norms of the specific psychological test must be explicitly stated, providing a highly transparent and detailed description of the appropriate reference groups that will be ultimately used by the professional to accurately evaluate and properly interpret the client's scores.
5. All other highly relevant extraneous information regarding the assessment should be thoroughly stated, specifically including the precise time taken to

Ans :

(i) This exception to maintaining strict confidentiality, where the therapist is bound to warn others, is termed as the Tarasoff decision.

(ii) The affective bond existing between a therapist and the client is specifically termed as a working alliance. This alliance intrinsically includes a collaborative sense between these two persons to diligently work towards solving the client's problems effectively and successfully.

(iii) The professional role of a counsellor is carefully structured to facilitate personal growth through the following distinct aspects:

1. The primary role of the professional counsellor is to effectively allow the client to safely vent out his deeply held grievances, internal conflicts, complex problems, and overwhelming feelings by talking freely and frankly without facing any immediate hesitation or restriction.
2. Unlike family or friends who are emotionally involved and may be judgmental or heavily biased, the professional counsellor avoids emotional attachment; therefore, the counsellor neither judges nor conventionally advices the client during the sensitive exploration of their deeply personal issues.
3. The trained counsellor may strongly encourage the distressed client to bravely examine certain parts of his or her life which he or she may have found exceedingly difficult or seemingly impossible to face before, including exploring difficult early childhood experiences.
4. The ultimate role of a skilled counsellor is to definitively enable the client to make their own choices independently, empowering them to take their own effective decisions, and act accordingly so that they can successfully lead a genuinely meaningful life.

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Ans :

(i) The image specifically depicts the advantages of counselling achieved at the personal level.

(ii) Through effective counselling, an individual experiences profound internal growth and achieves several gains at the personal level, which include:

1. Counselling enables the client to gain a comprehensive understanding of themselves, helping them to know their internal traits better in respect of their unique likes, dislikes, underlying needs, natural aptitude, and personal limitations across various complex life situations.
2. The therapeutic process provides a safe space for individuals, allowing them to feel significantly better, emotionally relieved, and much more comfortable after successfully venting out their pent-up psychological problems and deep-seated emotional conflicts to the trained professional counsellor.
3. Through regular sessions, the individual develops enhanced interpersonal skills and emotional regulation, which fundamentally empowers them to deal much more successfully, harmoniously, and joyfully with other people, including their family members, intimate friends, and various other social acquaintances.
4. Counselling interventions equip the client with highly effective coping mechanisms and strategies that directly help to significantly reduce their daily stress levels with respect to both their physiological manifestations and their underlying complex psychological issues and internal distress.
5. The transformative counselling journey actively assists the distressed client in finding absolute clarity and direction, thereby empowering them to systematically identify their own ultimate goals in life and establishing a concrete sense of purpose for their future endeavors.
6. By systematically addressing and reframing negative thought patterns, the client is expertly guided to develop a highly positive outlook towards life, thereby fostering enduring feelings of optimism, hopefulness, and a completely renewed enthusiasm for tackling daily challenges continuously.

162. Analyze the detailed clinical scenario shown below and respond to the following questions:

(i) What is the fundamental purpose of the counsellor administering psychological tests in this setting?

(ii) State the five facts that must be clearly stated by the trained psychologist before administering these tests.

Ans :

(i) The counsellor evaluates required psychological tests to give an objective assessment of the individual's characteristics and traits. This reveals their ability, aptitude, and intelligence, helping to understand and predict various aspects of their behaviour effectively.

(ii) Such tests should be administered only when the following vital facts are clearly stated by the psychologist:

1. The specific purpose of the psychological test must be clearly explained beforehand, ensuring that everyone involved properly understands exactly what the assessment is intended to be used for in the context of the client's current comprehensive diagnostic evaluation.
2. The psychological professional must accurately and definitively identify the specific target population for whom the intended tests have been designed, ensuring that the assessment tools are entirely appropriate for the distinct demographic background of the given individual client.

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3. A clear statement concerning the sample used during test construction must be provided, detailing specific factors like nationality, age group, literacy level, and the socio-economic status of the normative people to ensure contextual relevance for the evaluation.
4. The examiner must provide a clear and precise statement regarding the established norms of the test, specifically highlighting the appropriate reference groups that will be systematically used to accurately interpret the objective scores obtained by the individual client.
5. There must be a clear and transparent statement outlining the validity of the psychological test, essentially demonstrating how accurately and effectively the testing instrument actually measures the specific psychological traits, aptitudes, or cognitive abilities that it intends to measure.

163. Examine the therapeutic environments depicted in the community center and answer the questions:

(i) Discuss the nature of the specific counselling method where multiple clients are treated together, as shown by the physical arrangement in the image.
(ii) Explain the distinct benefits of the specific area of counselling dedicated to the age group depicted in the image.

Ans :

(i) The image depicts group counselling, which relies on a shared therapeutic environment and operates as follows:

1. In this highly effective counselling method, a group of clients is dealt with together instead of treating one individual at a time, allowing persons suffering from the same or similar psychological problems to gather in a shared therapeutic space.
2. Group members actively share their personal problems and the various coping mechanisms that they use, which helps other members by significantly lessening their feelings of helplessness and giving them practical ideas to successfully deal with their own issues.
3. During these interactions, all the persons sense a profound feeling of having a strong support system, while the counsellor mostly guides and supervises the entire process, though introvert people or those with severe disabilities may not benefit much.

(ii) Geriatric counselling offers crucial psychological interventions for older adults, providing the following distinct and profound benefits:

1. Geriatric counselling specifically helps older adults manage the multi-faceted problems arising in and from old age, as accepting the various physical and mental changes during this developmental period is quite difficult and overwhelmingly stressful for many elderly individuals.
2. Many old people react negatively during this period and feel anxious, sad, apathetic, or lonely, and this counselling helps them overcome paranoid tendencies, severe depression, and prevents them from making tragic suicidal attempts amidst their deep psychological distress.
3. This therapeutic approach actively assists elderly clients in discovering entirely new sources of daily enjoyment and finding new support systems, fundamentally increasing their overall sense of self-importance and encouraging them in engaging more frequently in community social activities.
4. Geriatric counselling provides crucial emotional support that directly helps older people to bravely face their underlying fears of death and effectively

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deal with the profound grief and loneliness arising out of the frequent deaths of their friends or spouses.

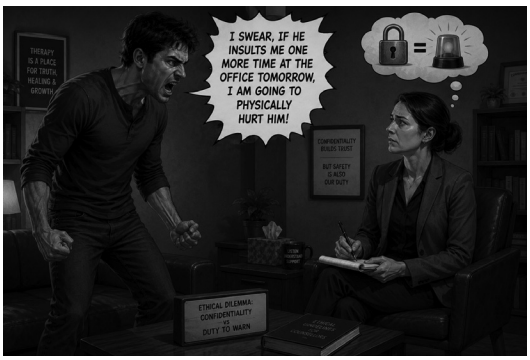
164. Study the cross-cultural interaction shown below and respond to the following questions:

(i) State the term used to describe the similarity and consistency between a verbal message and body language.
(ii) Name the listening component that involves the process of repeating the ideas that have been communicated.
(iii) Based on the scenario, discuss how culture plays a pivotal role in listening and interpreting communications.

Ans :

(i) The consistency between the verbal message and body language is termed as congruency between verbal and non-verbal messages.
(ii) The process of repeating the main idea or the message that has been communicated by the speaker is called paraphrasing.
(iii) The role of culture in listening shapes how individuals express and interpret messages in the following ways:
1. The specific culture in which individuals are brought up fundamentally shapes their core behaviour patterns, their complex thought processes, and consequently dictates their underlying expectations from both verbal and non-verbal communications during any interpersonal interaction or professional therapeutic setting.
2. Culture deeply influences our unique communication styles and plays a very important role in determining exactly how an individual actively listens to a communication, meticulously interprets its hidden meaning, and ultimately responds to it within their specific social context.
3. Many East Asian and Latin American cultures are known as high-context cultures, which naturally use significantly more nonverbal communication and rely heavily on a shared understanding of a situation or context to accurately comprehend what is being subtly communicated.
4. In stark contrast, many Western cultures are widely known as low-context cultures, which typically rely on the literal meaning of words and expect highly clear, direct, and explicit verbal messages for achieving effective communication between the speaker and listener.
5. Cultural norms heavily influence our interpretation of verbal and nonverbal communications, actively guiding the listener's expectation regarding how they should respond, and how to appropriately show respect, enthusiasm, or agreement, making understanding these specific cultural rules absolutely essential.

165. Based on the ethical dilemma presented in the image below, answer the given questions:


I SWEAR, IF HE INSULTS ME ONE MORE TIME AT THE OFFICE TOMORROW, I AM GOING TO PHYSICALLY HURT HIM!
=
ETHICAL DILEMMA: CONFIDENTIALITY VS DUTY TO WARN

(i) Name the specific decision that binds a therapist to inform others if the client provides explicit indications of harming someone.
(ii) Explain the concept of 'working alliance' in the context of a therapeutic relationship.
(iii) Outline the key aspects defining the professional role of a counsellor when dealing with a client's grievances.

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administer the test, the exact scoring pattern, varying room temperatures, fluctuating environmental noise levels, and any inherent structural test limitations.

160. Read the dialogue below and answer the questions that follow:

Manager: "Our employees seem extremely anxious lately and are repeatedly missing their crucial deadlines. We need an active problem-solving approach to handle this."

HR Director: "We should permanently integrate professional support services that act as an insurance policy against work-related stress claims while boosting morale."

(i) Identify the specific area of counselling being discussed in the dialogue.

(ii) Based on the glossary, how is the term 'Morale' defined?

(iii) Explain four key benefits or aspects of integrating this type of counselling in the company.

Ans :

(i) The highly specific area of professional counselling being thoroughly discussed by the manager and HR in the given corporate dialogue is explicitly known as Workplace Counselling.

(ii) Morale refers strictly to the employees' summative psychological attitude towards their assigned job as a whole, essentially including every single aspect like physical working conditions, daily interactions with fellow workers, and overall relationships with their immediate supervisors.

(iii) Integrating workplace counselling provides several remarkable strategic advantages for both the struggling employees and the overall organisation, functioning as a highly critical human resource mechanism.

1. It effectively serves as an extremely crucial human resource strategy designed to successfully attract and consistently retain the absolute best employees, thereby significantly increasing the overall quality, professional competence, and remarkable reliability of the company's dedicated workforce over an extended, highly profitable long term period.
2. It actively assists both the heavily struggling employee and the deeply concerned employer by swiftly intervening with a highly proactive, dynamic problem-solving approach to efficiently tackle extremely severe job-related issues like relentlessly strict deadlines and heavily disturbed, chaotic daily work-family balances effectively and permanently.
3. The specialised counselling systematically helps to massively increase overall company productivity by drastically reducing all severe stress-related inefficiencies and completely eliminating various underlying emotional incompetencies that highly anxious or deeply depressed employees might unfortunately exhibit during their exceptionally demanding daily operational corporate tasks.
4. It is practically viewed by highly pragmatic corporate employers as a vitally important insurance policy against the looming financial threat of heavy compensation claims made by employees exposed to work-related stress, whilst simultaneously creating a stellar reputation as a deeply caring and highly responsible corporate employer.

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161. Examine the visual representation of a client's transformation and answer the questions that follow:

(i) Identify the specific level of advantages of counselling that is depicted in the given illustration.

(ii) Discuss any six gains the client achieves at this specific level of counselling.

CHAPTER 09

Psychology in Relation to the Environment and Social Concerns

MULTIPLE CHOICE QUESTION

1. Meera grew up in a large joint family where she shared her room with three siblings. When she recently moved to a bustling hostel with minimal personal space, she adjusted easily without feeling stressed, whereas her roommate found it highly uncomfortable.
Interpret the specific ability Meera is displaying in this situation.
(a) Ability to endure an environment with many people in a limited space.
(b) Ability to procure necessary resources in a highly challenging situation.
(c) Ability to adapt to continuous high-decibel intermittent sounds.
(d) Ability to withdraw completely from stressful social interactions.

Ans :

(a) Ability to endure an environment with many people in a limited space.
Meera demonstrates crowding tolerance, which is the ability to cope with high-density environments and a lack of personal space. The text explains that cultural factors, such as growing up in a collectivistic society and living in joint families, help increase this tolerance, resulting in less stress during crowded situations compared to others.

2. Environmental researchers have found that fine particulate matter entering the bloodstream from polluted air causes inflammation in the brain. This specific inflammation leads to a cellular disruption that negatively impacts mental health.
Identify the biological consequence of this inflammation.
(a) It causes a persistent feeling of extreme disorientation.
(b) It leads to a severe imbalance of free radicals and antioxidants.
(c) It blocks the critical neural pathways regulating human mood.
(d) It forces the massive overproduction of cortisol and testosterone.

Ans :

(b) It leads to a severe imbalance of free radicals and antioxidants.
The chapter details how fine particulate matter entering the brain causes severe neuroinflammation. This specific inflammation leads to oxidative stress, which is defined as a dangerous biological imbalance between free radicals and antioxidants in the body. This resulting chemical imbalance ultimately causes direct and lasting damage to the delicate cells within the human brain.

3. After surviving a severe factory fire, Rajesh refuses to go near industrial areas or interact with his former colleagues. He deliberately changes the television channel whenever a news report mentions industrial accidents or fire safety protocols.
Which specific characteristic of a post-traumatic mental condition is Rajesh exhibiting?
(a) Experiencing frightening memories that come back repeatedly.
(b) Having distressing dreams and nightmares about the incident.
(c) Staying away from reminders of the traumatic event.
(d) Getting startled easily and displaying angry outbursts.

Ans :

(c) Staying away from reminders of the traumatic event.

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Rajesh is displaying avoidance, one of the four main symptom groups of Post-Traumatic Stress Disorder (PTSD). Avoidance involves a strong tendency to stay away from specific places, people, or activities that serve as reminders of the traumatic event. It also includes deliberate efforts to avoid thinking or talking about the stressful incident.

4. Individuals constantly fending for their basic survival needs often develop a specific psychological outlook due to chronic stress. Instead of planning for long-term goals or future security, they focus entirely on immediate incentives and their current situation.
Which of the following best describes this cognitive perspective?
(a) Experiencing a profound sense of survivor's guilt.
(b) Developing a strong competitive tolerance for survival.
(c) Displaying heightened feelings of aggression and hostility.
(d) Adopting a present-biased mindset regarding choices.

Ans :

(d) Adopting a present-biased mindset regarding choices.
Individuals facing constant poverty and deprivation often develop a present-biased mindset. Because they experience chronic stress regarding their uncertain future, they focus heavily on their immediate circumstances. This mindset forces them to prioritise short-term needs and immediate incentives over long-term goals, frequently leading to poor choices affecting their overall well-being.

5. During a devastating flash flood in his village, Amit managed to climb onto a sturdy roof and was eventually rescued. Months later, he remains burdened with deep remorse, constantly questioning why he lived while his neighbours perished and feeling that he should have done more to save them.
Which psychological consequence of experiencing a catastrophe is Amit facing?
(a) A cognitive reaction involving persistent loss of memory.
(b) A heightened perception of social disadvantage and bias.
(c) A sense of disorientation and denial regarding the event.
(d) A painful belief that he is responsible for others' fate.

Ans :

(d) A painful belief that he is responsible for others' fate.
Amit is experiencing survivor's guilt, a psychological condition frequently associated with PTSD after surviving natural disasters. The affected individual carries painful remorse and sadness, constantly questioning why they survived while others perished. They feel they should have done more to prevent the tragedy, creating a heavy, long-lasting emotional burden.

6. Managing non-biodegradable consumer goods is critical for ecological sustainability. One effective framework focuses on minimizing the generation of waste before it is even created, rather than finding ways to repurpose or manage it afterwards.
Which of the following actions directly represents this specific approach?
(a) Opting for clothing made of natural fibres like cotton and wool.
(b) Using empty glass jars to store household grocery items.
(c) Processing segregated plastic waste at a designated facility.
(d) Making compost out of dry leaves to fertilise garden plants.

Ans :

(a) Opting for clothing made of natural fibres like cotton and wool.
The question highlights the "Reduce" principle within the 3Rs of managing non-biodegradable goods. Reducing means preventing waste creation by avoiding disposable items and synthetic materials altogether. Opting for natural, sustainable fibres like cotton or wool instead of synthetics directly reduces the manufacturing and accumulation of hazardous polluting materials.

7. Whenever Kavita visits a dense forest, she feels a deep sense of panic and unease because she was lost in a wooded area as a young child. In contrast, her friend enjoys the same forest, associating it with pleasant family camping trips.
Which factor primarily explains this difference in their reactions to the same environment?
(a) Their distinct socioeconomic backgrounds and cultural norms.

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(b) The immediate cognitive stimulation provided by the trees.
(c) Their previous personal experiences shaping sensory processing.
(d) The structural design of the built environment around them.

Ans :

(c) Their previous personal experiences shaping sensory processing.
The chapter notes that environmental influence on human perception depends heavily on a person's past experiences with environmental factors. Kavita's early frightening experience in a forest causes her current anxiety, whereas her friend's positive childhood memories create a happy response. Sensory processing and emotional reactions stem from these distinct previous encounters.

8. Certain social factors systematically restrict an individual's financial growth. A major debilitating factor occurs when malnutrition and financial stress lead to poor academic performance, which subsequently limits the individual to unskilled, low-paying employment.
What is the specific outcome of this continuous, unbroken sequence?
(a) It cultivates strong entrepreneurial skills for basic survival.
(b) It traps the individual in an ongoing cycle of deprivation.
(c) It enforces the inheritance laws of a specific community.
(d) It directly causes sudden geographical and climatic changes.

Ans :

(b) It traps the individual in an ongoing cycle of deprivation.
This sequence describes the trap of the poverty cycle. Financial deprivation prevents access to proper nutrition and education. This lack of cognitive stimulation restricts the individual to unskilled, low-paying jobs or unemployment. Consequently, the lack of income perpetuates the ongoing cycle of poverty, making it extremely difficult for generations to escape.

9. Rohan usually studies comfortably while his room's ceiling fan makes a loud, continuous humming sound. However, when his neighbour's dog occasionally barks loudly without warning, Rohan completely loses his focus and struggles to return to his studies.
Which characteristic of the unpleasant sound explains Rohan's disruption?
(a) The sound starts abruptly and irregularly without allowing him to adapt.
(b) The sound is highly complex and requires intensive cognitive processing.
(c) The sound physically damages the auditory neural pathways in his brain.
(d) The sound permanently prevents him from engaging in mental tasks.

Ans :

(a) The sound starts abruptly and irregularly without allowing him to adapt.
Research indicates that intermittent noise is significantly more disturbing than continuous noise. While people can adapt to a constant, steady sound like a humming fan, sudden and unpredictable noises startle the individual without any warning. This abruptness prevents adaptation, breaking concentration and negatively affecting the overall performance of mental tasks.

10. Research indicates that prolonged financial struggles profoundly affect social behaviour and interpersonal relationships. According to a prominent biological hypothesis, an individual's capacity to understand and share the feelings of others is biochemically regulated.
Which specific hormones are identified as regulating this socio-emotional capacity?
(a) The elevated levels of adrenaline and reduced serotonin.
(b) The sudden overproduction of dopamine alongside endorphins.
(c) The balanced interaction between testosterone and cortisol.
(d) The complete suppression of oxytocin and elevated melatonin.

Ans :

(c) The balanced interaction between testosterone and cortisol.
According to the dual-hormone hypothesis mentioned in the context of poverty and social behaviour, an individual's empathy is chemically regulated by the levels of testosterone and cortisol. This specific biological framework helps explain how extreme environmental stressors and financial hardships can influence physiological

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potential negative past experiences create anxiety. Therefore, environmental cues lead to vastly different emotional responses based on personal history and sensory processing, making the stated Reason factually false.

32. Read the following Assertion and Reason carefully and select the correct option.

Assertion (A): The sudden, unannounced drilling sound from the adjacent apartment is highly disturbing to Rohan while he is studying, compared to the continuous hum of his ceiling fan.

Reason (R): Individuals tend to easily get used to continuous background sounds, whereas intermittent noise that starts off suddenly without any warning disrupts cognitive processing significantly more.

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
The Assertion is true as Rohan finds the unpredictable drilling much more distracting than the steady hum of his fan. The Reason perfectly explains this phenomenon, confirming that sudden, intermittent noise abruptly breaks an individual's concentration and is psychologically more disturbing than continuous noise, which humans can quickly habituate to.

33. Read the following Assertion and Reason carefully and select the correct option.

Assertion (A): Ever since surviving a severe train derailment, Anjali completely refuses to travel by rail and actively avoids reading any news related to train networks.

Reason (R): Intrusive memories refer to frightening, unwanted flashbacks of a trauma that are deeply distressing and cause the individual to relive the harrowing experience repeatedly.

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
The Assertion correctly illustrates the PTSD symptom of 'Avoidance', where victims deliberately stay away from triggers reminding them of the incident. While the Reason accurately defines 'Intrusive memories' (which is another genuine symptom of PTSD), it entirely fails to explain the specific avoidance behaviour described in the Assertion.

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34. Read the following Assertion and Reason carefully and select the correct option.

Assertion (A): Individuals constantly struggling for basic necessities typically develop a highly future-oriented mindset, carefully planning their long-term health, financial investments, and career goals.

Reason (R): The chronic stress and low self-esteem associated with severe poverty encourage individuals to make cautious, calculated choices, actively avoiding high-risk behaviours like substance abuse.

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(d) Both Assertion and Reason are false.
Both statements are completely false. Chronic poverty and constant stress actually lead to a present-biased mindset, where individuals focus on immediate survival rather than long-term planning. Consequently, this hopelessness leads to poor choices, often pushing disadvantaged individuals towards high-risk, impulsive behaviours like early sexual activity and severe substance abuse.

35. Read the following Assertion and Reason carefully and select the correct option.

Assertion (A): Aarav deliberately opts for reusable steel containers instead of plastic wraps

sounds compared to steady, ongoing background sounds.
Which of the following types of auditory disturbances causes the maximum disruption in mental tasks?
(a) Continuous predictable machinery sounds
(b) Intermittent noise without any warning
(c) Loud music chosen by the individual
(d) Consistent traffic hum on a highway

Ans :

(b) Intermittent noise without any warning
Research shows that intermittent noise, which starts off suddenly without any warning, is significantly more disturbing and distracting than continuous noise. Humans tend to get used to continuous background noise over time, but unpredictable, sudden noises repeatedly break concentration and negatively impact the successful performance of any complex mental task.

16. Vikram comes from a severely economically challenged background, constantly worrying about his next meal. When he recently received a small cash reward from an NGO, he immediately spent it on an expensive dinner instead of investing it in vocational training books that could secure him a stable job in the future.
Which cognitive outcome resulting from his challenging background is Vikram displaying?
(a) Heightened competition tolerance
(b) Severe emotional withdrawal
(c) Acute survivor's guilt
(d) Present-biased mindset

Ans :

(d) Present-biased mindset
Individuals constantly fending for basic needs under chronic stress often develop a present-biased mindset. Because their future seems bleak and uncertain, they focus entirely on the here and now. This leads them to prioritize immediate incentives and rewards, like an expensive dinner, rather than making long-term investments for future security.

17. Managing non-biodegradable consumer goods requires strategic waste management frameworks. Instead of buying new ceramic pots for a balcony garden, a community encourages residents to repair broken household items, paint old tin containers, and utilize empty glass jars for planting saplings.
Which specific component of the waste management framework is being implemented here?
(a) Reusing the older household products
(b) Reducing the overall daily consumption
(c) Recycling the waste in designated bins
(d) Incinerating the non-biodegradable goods

Ans :

(a) Reusing the older household products
The framework of the 3Rs includes reduce, reuse, and recycle. Reusing involves utilizing a product in some other way rather than discarding it. Using old painted tin containers or empty glass jars for planting saplings is a classic example of reusing, which extends product life and effectively reduces environmental waste.

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18. During a devastating flash flood in her village, Leela managed to climb to a higher elevation and was rescued. However, she constantly cries and blames herself, obsessively questioning if she could have done something differently to save her neighbors who were swept away by the waters.
Which long-term psychological effect of natural disasters is Leela experiencing?
(a) Social disadvantage syndrome
(b) Disorientation and denial
(c) Chronic survivor's guilt
(d) Intrusive memory flashback

Ans :

(c) Chronic survivor's guilt
Survivor's guilt is a painful psychological condition often associated with PTSD following natural disasters. The surviving individual feels immense remorse and sadness, irrationally questioning if they could have done differently to save others who perished. Leela's obsessive questioning regarding her neighbors perfectly exemplifies this heavy, long-term emotional and mental burden.

19. Exposure to severe air pollution has been scientifically linked to poor mental health outcomes, including anxiety and depression. Medical studies reveal that fine particulate matter enters the bloodstream and crosses into the brain, directly causing specific biological disruptions.
According to scientific research, what is the primary biological consequence of these fine particulates entering the brain?
(a) Reduction in baseline blood pressure

(b) Sudden release of stress endorphins
(c) Complete blockage of oxygen supply
(d) Induction of severe neuroinflammation

Ans :

(d) Induction of severe neuroinflammation
Scientific studies highlight that fine particulate matters from air pollution can enter the bloodstream and cross into the brain. This crossing directly causes neuroinflammation, which subsequently leads to oxidative stress that damages brain cells and disrupts neural pathways crucial for mood regulation, directly linking severe air pollution to psychological disorders.

20. A highly intelligent individual from an economically weaker section applies for a job but is rejected because they lack the specific polished communication skills typically acquired through expensive urban schooling. The systemic structure of the society creates a barrier that prevents them from accessing resources despite their inherent capabilities.
Which sociological term BEST describes this systemic obstacle faced by the individual?
(a) Crowding tolerance
(b) Social disadvantage
(c) Present-biased mindset
(d) Absolute poverty

Ans :

(b) Social disadvantage
Social disadvantage refers to the unavailability of resources and opportunities for a group due to the structure of society. It arises not from an individual's lack of capability, but from systemic discrimination and structural obstacles that prevent disadvantaged groups from fairly accessing quality education, necessary healthcare, and stable employment opportunities.

21. Shruti grew up in a large joint family living in a small house. When she moved to a bustling, densely populated hostel in Mumbai, she easily adjusted to the lack of personal space and shared resources without feeling stressed, unlike her roommate who felt overwhelmed.
Which of the following best explains Shruti's reaction to her new living conditions?
(a) She has developed a high capability to cope with a high-density environment due to her cultural background.
(b) She perceives the hostel environment as a challenge to acquire necessary resources for her daily survival.
(c) She possesses a genetic predisposition that makes her completely immune to the negative impacts of social tensions.
(d) She utilizes cognitive restructuring to ignore the excessive noise and disruptions in her immediate surroundings.

Ans :

(a) She has developed a high capability to cope with a high-density environment due to her cultural background.
The chapter explains that crowding tolerance is an individual's ability to cope with a high-density environment and a lack of personal space. Shruti's cultural background of living in a joint family enhances her tolerance, resulting in less stress in crowded situations, whereas competition tolerance relates to rivalry for resources.

22. Months after surviving a severe earthquake, Mohit refuses to return to his hometown, avoids talking about the incident, and completely stops participating in social gatherings or activities he once enjoyed. He actively stays away from anyone who brings up the disaster.
Which specific category of trauma-related symptoms is Mohit primarily displaying?
(a) He experiences unwanted, frightening memories and distressing dreams about the disaster.
(b) He makes deliberate efforts to stay away from people and places reminding him of the event.
(c) He displays extreme hypervigilance, rapid breathing, and an inability to concentrate on routine tasks.
(d) He develops pervasive negative thoughts, irrational guilt, and a persistent feeling of deep shame.

Ans :

(b) He makes deliberate efforts to stay away from people and places reminding him of the event.
Mohit is exhibiting avoidance, which is a symptom of Post Traumatic Stress Disorder (PTSD). As per the text, avoidance involves an individual's conscious tendency to stay away from places, people, and activities that serve as reminders of the traumatic event, and making efforts not to think or talk about it.

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23. Ramesh, a daily wage labourer, constantly worries about earning enough to feed his family each day. Due to this chronic stress, he spends whatever little he earns on immediate comforts rather than saving for his children's future education or health emergencies.
According to the psychological effects of deprivation, which of the following best describes Ramesh's decision-making pattern?
(a) He exhibits a lowered cognitive ability leading to poor time and depth perception.
(b) He shows an increased tendency towards antisocial activities to compensate for financial lack.
(c) He demonstrates a present-biased mindset, prioritizing immediate incentives over long-term goals and planning.
(d) He displays a heightened sense of aggression due to continuous developmental constraints.

Ans :

(c) He demonstrates a present-biased mindset, prioritizing immediate incentives over long-term goals and planning.
The chronic stress of poverty often forces individuals to constantly fend for their basic daily needs, making their future appear bleak. Consequently, they develop a present-biased mindset, focusing entirely on the "here and now." This leads them to opt for immediate incentives rather than planning or saving for long-term goals.

24. Whenever Aditi sees a large, open lake, she feels extreme anxiety and quickly walks away, whereas her friend Meera feels joyful and relaxed looking at the same water body.
Based on the environmental effects on human behaviour, what is the most likely reason for this stark difference in their emotional responses?
(a) Their reactions are determined by their respective socioeconomic backgrounds and societal cultural norms.
(b) Their attitudes are influenced by the immediate physical characteristics of the natural environment.
(c) Their emotions are dictated by their differing levels of awareness regarding environmental pollution.
(d) Their perceptual responses are shaped by their distinct past experiences with similar environmental cues.

Ans :

(d) Their perceptual responses are shaped by their distinct past experiences with similar environmental cues.
How the environment influences perception depends heavily on an individual's past experiences with environmental factors. Aditi's anxiety and Meera's joy are contrasting perceptual responses triggered by the same environmental cue (a lake), demonstrating that their current emotional processing is fundamentally shaped by their unique previous personal experiences with similar surroundings.

25. A factory installed a new heavy machinery unit that emits loud, intermittent sounds at unpredictable intervals. The workers, who were previously highly productive, are now making frequent errors in their routine tasks and complain of mental fatigue.
Which of the following explains the impact of this specific environmental factor on the workers' performance?
(a) Unwanted sounds that occur suddenly without warning are highly disturbing and impair concentration.
(b) Continuous, predictable background sounds severely reduce the ability to perform simple mental tasks.
(c) Engaging in highly interesting tasks becomes impossible when exposed to any form of industrial noise.
(d) Prolonged exposure to toxic workplace elements directly leads to a decrease in memory functions.

Ans :

(a) Unwanted sounds that occur suddenly without warning are highly disturbing and impair concentration.
Research in the chapter indicates that intermittent noise, which starts suddenly without any prior warning, is significantly more disturbing to cognitive processes than continuous noise that individuals tend to get used to. This unpredictability severely impairs concentration and negatively impacts performance much more than simple, continuous background sounds would.

26. Rohit moved from a spacious rural home to a densely packed hostel in Mumbai. He shares a small room with three others and has to struggle for basic amenities like bathroom time and study

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states, subsequently altering social interactions and emotional connections.

11. During her university placement drive, Sunita faced a highly aggressive group discussion round with fifty students packed in a small room. While her peers felt overwhelmed and stressed, Sunita viewed the situation as an exciting challenge to prove her skills and performed exceptionally well. Which psychological attribute BEST explains Sunita's positive response to this demanding situation?
(a) High crowding tolerance
(b) High competition tolerance
(c) Superior spatial perception
(d) Strong environmental attitude

Ans :

(b) High competition tolerance
Competition tolerance is an individual's ability to accept a situation as a competition and perform well to procure what is needed. Individuals with high competition tolerance view competitive scenarios as challenges rather than ordeals, showing less negative emotional reaction and stress, just as Sunita did during her rigorous placement drive.

12. Two years after surviving a severe train accident, Mahesh refuses to travel by rail or even visit railway stations. Whenever his colleagues discuss their train journeys, he abruptly leaves the room and completely shuts down any conversation related to trains.
Identify the specific behavioral symptom of the mental condition Mahesh is experiencing.
(a) Intrusive memory flashback
(b) Active emotional numbing
(c) Avoidance of reminders
(d) Cognitive disorientation

Ans :

(c) Avoidance of reminders
Avoidance is a key symptom of Post Traumatic Stress Disorder where the individual actively stays away from places, people, or activities that remind them of the traumatic event. Mahesh's refusal to travel by train or participate in conversations about rail journeys clearly demonstrates this active avoidance behavior to prevent distressing memories.

13. An individual might possess sufficient financial resources to meet their basic survival needs like food, shelter, and clothing. However, they may still experience a deep sense of dissatisfaction if they feel they are not receiving what they rightfully deserve compared to others in society. Which psychological concept BEST captures this specific feeling of comparative dissatisfaction?
(a) Absolute poverty
(b) Social disadvantage
(c) Sense of deprivation
(d) Learned helplessness

Ans :

(c) Sense of deprivation
While poverty refers to an absolute lack of resources to procure basic necessities, deprivation is a subjective psychological state. It refers to an individual's feeling that they are not getting what they deserve. A person may have basic resources but still feel deprived based on their personal perception and societal comparisons.

14. Rohan and Amit visited a newly opened indoor ice-skating rink. While Rohan felt elated and instantly connected the chill to fond memories of a family trip to the Himalayas, Amit felt extreme anxiety and discomfort because the cold reminded him of a severe winter where he suffered from hypothermia.
Which specific psychological phenomenon explains the difference in the reactions of the two friends?
(a) Environmental influence on perception
(b) Biological differences in regulation
(c) Varying levels of crowding tolerance
(d) Differences in cognitive stimulation

Ans :

(a) Environmental influence on perception
How the environment influences perception heavily depends on a person's past experiences. Environmental cues like temperature or sound can trigger entirely different emotional and perceptual responses based on individual memories. Rohan's positive association and Amit's frightening past experience caused them to perceive the identical cold environment in drastically different ways.

15. Psychological research indicates that certain types of acoustic disturbances are more detrimental to human performance than others. When individuals are engaged in complex cognitive tasks, they find it much harder to adapt to some

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These individual actions effectively curb the accumulation of non-biodegradable consumer goods.

29. Ten-year-old Vikram lives in a slum where his family struggles daily to secure food and clean water. Vikram constantly worries about his family's survival for the next day. At school, teachers notice that he gives up easily on complex puzzles, struggles to concentrate, and only shows interest if an immediate reward is offered.
Which of the following psychological impacts of his socio-economic condition best explain Vikram's behavior?
(P) A present-biased mindset where the focus is solely on immediate incentives rather than future long-term goals.
(Q) A high level of competition tolerance developed due to the constant struggle for basic survival resources.
(R) Reduced cognitive functioning and lowered motivation resulting from chronic stress and lack of intellectual stimulation.
(S) An enhanced sense of empathy and social withdrawal caused by feelings of relative deprivation.
(a) Only (P) and (R)
(b) Only (Q) and (S)
(c) Only (P) and (Q)
(d) Only (R) and (S)

Ans :

(a) Only (P) and (R)
Vikram's socio-economic deprivation and chronic stress impair his cognitive functions like attention and persistence, leading to lowered motivation in academic tasks. Consequently, he develops a present-biased mindset, focusing entirely on immediate survival and instant rewards rather than long-term future goals, which seem bleak due to his disadvantaged circumstances.

30. Meera grew up in a financially unstable household and suffered from severe malnutrition during her childhood, which affected her physical and cognitive development. Because of this, she struggled academically and had to drop out of school. She now works as an unskilled daily wage laborer, earning barely enough to feed her own children.
Which of the following statements accurately reflect the factors perpetuating Meera's economic condition?
(P) The frequent occurrence of natural disasters in her geographical region disrupted her livelihood and infrastructure.
(Q) A lack of proper healthcare and nutrition hindered her capabilities, restricting her to low-paying unskilled jobs.
(R) An inability to access good education and specialized training traps her in an ongoing loop of financial hardship.
(S) The presence of a social disadvantage that arises purely from caste-based discrimination in her workplace.
(a) Only (P) and (S)
(b) Only (P) and (Q)
(c) Only (Q) and (R)
(d) Only (R) and (S)

Ans :

(c) Only (Q) and (R)
Meera's situation perfectly illustrates the poverty cycle. Her childhood malnutrition negatively affected her physical and cognitive abilities, pushing her out of the education system. Without specialized training, she is confined to low-paying unskilled labor, severely limiting her financial resources and ensuring the intergenerational continuation of this economic hardship loop.

31. Read the following Assertion and Reason carefully and select the correct option.
Assertion (A): Despite visiting the exact same serene lake, Vikram feels deep anxiety and distress, whereas his friend Siddharth experiences immense joy and relaxation.
Reason (R): Environmental cues invariably trigger identical emotional and perceptual responses in all individuals, regardless of their distinct childhood memories or sensory processing.
(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(c) Assertion is true, and Reason is false.
Perception is profoundly influenced by an individual's unique past experiences. While the physical environment is identical, Siddharth's positive memories create joy, whereas Vikram's

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space. Unlike his roommate who gets easily frustrated and stressed, Rohit stays calm, focuses on his goals, and views the resource scarcity as a challenge to overcome.
Which of the following statements correctly explain Rohit's behavioral response to his current living conditions?
(P) He perceives the temporary gathering of people as a severe threat to his personal boundaries.
(Q) He demonstrates the ability to accept a demanding situation as a challenge to secure essential life resources.
(R) He displays a tendency to withdraw socially to deal with the heightened sense of competition.
(S) He shows a high capacity to manage and cope with a high-density environment despite a lack of personal space.
(a) Only (P) and (R)
(b) Only (Q) and (S)
(c) Only (P) and (Q)
(d) Only (R) and (S)

Ans :

(b) Only (Q) and (S)
Rohit exhibits high crowding tolerance by effectively coping with a high-density environment and limited personal space. Additionally, by viewing the struggle for basic amenities as a challenge rather than a stressor, he demonstrates high competition tolerance. These traits together prevent him from experiencing the negative psychological impacts of crowding.

27. After surviving a massive earthquake that destroyed her neighborhood, Sunita refuses to watch the news or talk about the event with her family. She has stopped going to the area where her old house stood. During the nights, she frequently wakes up sweating, reliving the terrifying moments of the ground shaking.
Which of the following behavioral symptoms is Sunita experiencing according to psychological classifications of post-disaster trauma?
(P) Actively staying away from people, places, or conversations that act as reminders of the terrifying incident.
(Q) Experiencing distorted thoughts about herself and displaying an inability to remember important aspects of the event.
(R) Displaying hypervigilance, angry outbursts, and an exaggerated startle response to everyday noises.
(S) Suffering from unwanted, recurring, and distressing flashbacks or nightmares that force her to relive the experience.
(a) Only (Q) and (R)
(b) Only (P) and (Q)
(c) Only (P) and (S)
(d) Only (R) and (S)

Ans :

(c) Only (P) and (S)
Sunita's refusal to visit her old neighborhood or discuss the event exemplifies avoidance, which involves evading reminders of the trauma. Her recurring nightmares and feeling of reliving the earthquake illustrate intrusive memories or flashbacks. Both are classic symptoms of the severe psychological distress condition that follows life-threatening traumatic events.

28. Ananya has decided to change her lifestyle to help the environment. Instead of buying groceries in plastic wraps, she carries cloth bags to the market. When her ceramic storage jars broke, instead of throwing them away, she painted them and used them as decorative planters for her indoor garden.
Which of the following approaches to managing non-biodegradable consumer goods are evident in Ananya's actions?
(P) Segregating waste into specific categories so that it can be processed efficiently into new raw materials.
(Q) Avoiding the consumption of disposable items and opting for sustainable, natural materials for everyday chores.
(R) Finding alternative, creative applications for broken or old products instead of purchasing new replacements.
(S) Converting industrial plastic waste into other usable products through large-scale community initiatives.
(a) Only (P) and (S)
(b) Only (Q) and (P)
(c) Only (P) and (R)
(d) Only (R) and (Q)

Ans :

(d) Only (R) and (Q)
Ananya practices the 'reduce' principle by substituting disposable plastic wraps with sustainable cloth bags, thereby minimizing waste generation. By repurposing her broken ceramic jars into indoor planters instead of discarding them, she actively applies the 'reuse' principle.

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for his lunch and insists his family uses cloth bags for grocery shopping.

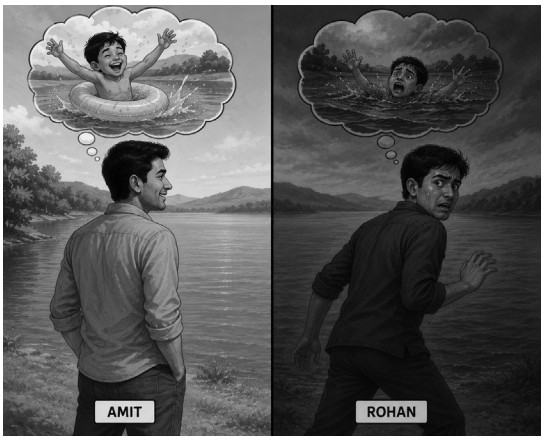
Reason (R): To effectively reduce the accumulation of non-biodegradable waste, individuals must avoid disposable synthetic plastics and replace them with sustainable, reusable goods.

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
(b) Both Assertion and Reason are true, but Reason is not the correct explanation for Assertion.
(c) Assertion is true, and Reason is false.
(d) Both Assertion and Reason are false.

Ans :

(a) Both Assertion and Reason are true, and Reason is the correct explanation for Assertion.
The Assertion highlights an individual actively applying the principles of reducing and reusing in daily life. The Reason correctly explains why this behaviour is essential: intentionally swapping disposable plastics for sustainable items like steel and cloth directly mitigates the severe ecological damage caused by accumulating non-biodegradable consumer goods on our planet.

36. Observe the image below and answer the following question.



Amit and Rohan are visiting a lakeside resort. While Amit is thrilled to see the water, Rohan starts trembling and refuses to step near the bank. Based on the psychological understanding of how our surroundings affect us, what explains this drastic difference in their reactions to the exact same physical setting?

(a) The physical properties of the water trigger different innate biological reflexes.
(b) Past encounters with similar settings shape their current processing of sensory cues.
(c) One of them possesses a higher innate threshold for environmental competition.
(d) The natural beauty of the place acts as an unconditioned stimulus for both.

Ans :

(b) Past encounters with similar settings shape their current processing of sensory cues.
Environmental cues lead to varying emotional and perceptual responses based on an individual's previous experiences. Amit's joyful childhood memories create a positive perceptual response to the water, while Rohan's frightening near-drowning incident makes him perceive the lake as a dangerous threat, illustrating how past experiences shape our current perception of the physical surroundings.

37. Observe the image below and answer the following question.

Vikram survived a severe industrial fire six months ago. Since returning to work, he struggles to function properly. As shown in the illustration, he reacts extremely to a colleague accidentally dropping a file. Which specific category of trauma-related symptoms is Vikram exhibiting in this scenario?

(a) Deliberate avoidance of places and people associated with the past trauma
(b) Intrusive flashbacks where he relives the terrifying event vividly
(c) Negative alterations in his thoughts regarding himself and others
(d) Altered physiological arousal resulting in hypervigilance and sudden outbursts

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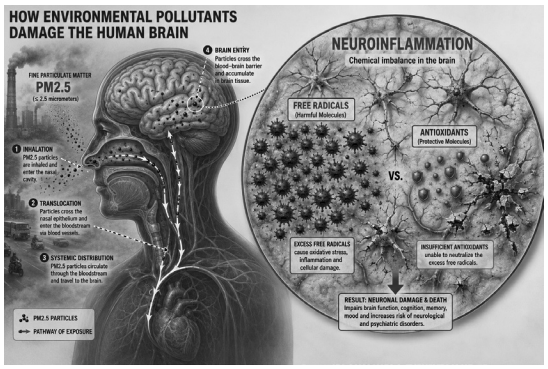
HOW ENVIRONMENTAL POLLUTANTS DAMAGE THE HUMAN BRAIN
FINE PARTICULATE MATTER
PM2.5
(< 2.5 micrometers)
1 INHALATION
PM2.5 particles are inhaled and enter the nasal cavity.
2 TRANSLOCATION
Particles cross the nasal epithelium and enter the bloodstream via blood vessels.
3 SYSTEMIC DISTRIBUTION
PM2.5 particles circulate through the bloodstream and travel to the brain.
4 BRAIN ENTRY
Particles cross the blood–brain barrier and accumulate in brain tissue.
PM2.5 PARTICLES
PATHWAY OF EXPOSURE
NEUROINFLAMMATION
Chemical imbalance in the brain
FREE RADICALS
(Harmful Molecules)
ANTIOXIDANTS
(Protective Molecules)
VS.
EXCESS FREE RADICALS
cause oxidative stress, inflammation and cellular damage.
INSUFFICIENT ANTIOXIDANTS
unable to neutralize the excess free radicals.
RESULT: NEURONAL DAMAGE & DEATH
Impairs brain function, cognition, memory, mood and increases risk of neurological and psychiatric disorders.

Based on the chemical imbalance between free radicals and antioxidants shown in the microscopic view, what specific biological consequence of pollution is damaging the brain cells?

Ans :

Oxidative stress.

86. Study the relation between the first two words/ phrases and then fill in the fourth word.
Accepting a situation to procure basic resources : Competition tolerance :: Coping with a high-density environment : _____

Ans :

Crowding tolerance

87. Study the relation between the first two words/ phrases and then fill in the fourth word.
Sulphur dioxide pollution : Lowered concentration :: Polluting substances like lead : _____

Ans :

Mental retardation

88. Study the relation between the first two words/ phrases and then fill in the fourth word.
Reliving the traumatic experience repeatedly : Intrusive memories :: Staying away from people reminding of the trauma : _____

Ans :

Avoidance

89. Study the relation between the first two words/ phrases and then fill in the fourth word.
Avoiding the use of disposable plastic bags : Reduce :: Using broken mugs for plants : _____

Ans :

Reuse

90. Study the relation between the first two words/ phrases and then fill in the fourth word.
Condition of lack of resources in absolute terms : Poverty :: Feeling of not getting what one deserves : _____

Ans :

Deprivation

91. State whether the following is True or False.
Research indicates that intermittent noise which starts suddenly without any warning is more disturbing to an individual than the continuous noise they get used to.

Ans :

True

92. State whether the following is True or False.
An individual with a high competition tolerance exhibits a heightened negative emotional reaction to situations where they have to struggle to procure the basic resources of life.

Ans :

False

93. State whether the following is True or False.
In the process of household garbage management, collected waste should be segregated into distinct groups such as wet waste containing food scraps and dry waste comprising plastic, paper, and metal.

Ans :

True

94. State whether the following is True or False.
A trauma survivor who actively stays away from people and places that serve as a reminder of a traumatic event is displaying the specific symptom of intrusive memories.

Ans :

False

95. State whether the following is True or False.
While poverty refers to a condition of lacking resources in absolute terms, deprivation relates to an individual's subjective feeling that they are not getting what they deserve.

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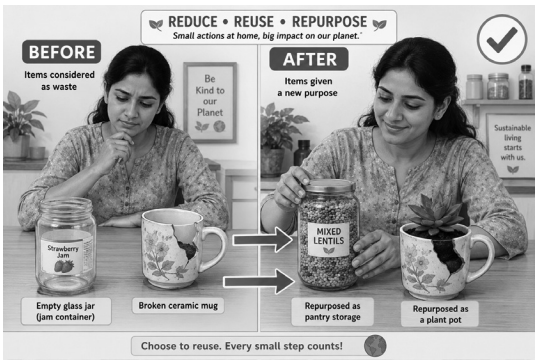
REDUCE • REUSE • REPURPOSE
Small actions at home, big impact on our planet.
BEFORE
Items considered as waste
Be Kind to our Planet
AFTER
Items given a new purpose
Sustainable living starts with us.
Strawberry Jam
MIXED LENTILS
Empty glass jar (jam container)
Broken ceramic mug
Repurposed as pantry storage
Repurposed as a plant pot
Choose to reuse. Every small step counts!

Priya is conscious of her environmental footprint and actively manages the nonbiodegradable goods in her household, as illustrated in the diagram. She transforms items that would otherwise become waste into functional objects without sending them away for industrial segregation and processing. Which specific framework of waste management is Priya implementing here?

(a) Segregating hazardous materials to ensure their proper safe disposal
(b) Utilising an existing product in a new way instead of purchasing a new one
(c) Breaking down old materials chemically to manufacture entirely new products
(d) Avoiding the purchase of synthetic fibres by opting for sustainable alternatives

Ans :

(b) Utilising an existing product in a new way instead of purchasing a new one
The image perfectly illustrates the concept of "reusing" nonbiodegradable goods. Rather than discarding items, sending them away to be segregated and processed (recycling), or avoiding their initial use completely (reducing), Priya is actively using existing products in new functional ways, such as converting a mug into a planter.

ONE MARK QUESTIONS

41. Ramesh feels extreme anxiety whenever he approaches a lake because of a near-drowning incident during his childhood.
Identify the specific aspect of human behaviour that is being influenced by his past environmental experience.

Ans :

Perception

42. After living in a highly disorganized and dirty slum for years, Suresh exhibits a persistently low mood and signs of depression.
Which aspect of human behaviour is directly being impacted by his physical surroundings?

Ans :

Emotion

43. While studying for her board exams, Anjali finds the sudden, unpredictable sounds of a nearby construction site much more distracting than the constant hum of her ceiling fan.
Explain briefly why this happens.

Ans :

Intermittent noise starting without warning is more disturbing than continuous noise, which people tend to get used to.

44. A recent health survey in an industrial town found that children exposed to soil and water contaminated with heavy metals like lead developed severe cognitive deficits.
Identify the specific health hazard caused by this exposure.

Ans :

Mental retardation

45. Fine particulate matter entering the bloodstream from polluted air causes an imbalance of free radicals and antioxidants, which damages brain cells.
Name the term used for this biological consequence.

Ans :

Oxidative stress

46. Even though the local train was packed with commuters, Rohan did not feel uncomfortable because he was traveling with a large group of his close friends.
What does this indicate about the psychological experience of large gatherings?

Ans :

Crowding is a subjective perception of discomfort rather than just the objective number of people present.

47. Having grown up in a small house with a large joint family, Meera easily adjusts to her cramped college hostel without feeling stressed.
Identify the ability she has developed to cope

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with a high-density environment.

Ans :

Crowding tolerance

48. During a highly competitive entrance exam, instead of feeling anxious, Karthik treats the situation as a positive challenge to secure limited resources.
What specific ability is Karthik demonstrating?

Ans :

Competition tolerance

49. After surviving a devastating flood that claimed the lives of his neighbours, Vikram is constantly burdened by remorse and questions why he could not save them.
Name the specific long-term psychological condition he is experiencing.

Ans :

Survivor's guilt

50. Months after a severe car accident, Priya repeatedly experiences vivid, frightening nightmares and feels as though she is reliving the crash all over again.
Which specific symptom category of PTSD is she exhibiting?

Ans :

Intrusive memories (or flashbacks)

51. Following a violent mugging incident in a dark alley, Sameer completely stops taking that route and aggressively refuses to discuss the event with his family.
Identify the symptom of post-traumatic stress he is displaying.

Ans :

Avoidance

52. The municipal corporation decides to plant dense shrubs and tall trees along the boundaries of a newly built highway near a residential society.
What specific environmental purpose do these plants serve in this context to reduce pollution?

Ans :

They act as natural sound deterrents by absorbing traffic noise.

53. In a household, leftover food scraps are collected in a green bin, while plastic packets and paper are collected in a blue bin.
Name the crucial initial step of garbage management being practiced here.

Ans :

Segregation of waste

54. Despite having access to basic food and shelter, a factory worker feels a deep sense of injustice and believes he is not getting the lifestyle he truly deserves compared to his peers.
Name the term that describes this subjective feeling.

Ans :

Deprivation

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55. A highly capable student from a low-income family is unable to secure a corporate job because he could not afford to attend a prestigious English-medium school.
What societal obstacle is preventing him from accessing this resource?

Ans :

Social disadvantage

56. Children living in chronic financial instability often opt for immediate rewards like daily wage labour rather than investing time in higher education for future benefits.
Explain briefly what type of mindset this reflects.

Ans :

It reflects a present-biased mindset, where constant stress makes them focus on immediate needs rather than long-term goals.

57. Research shows that poverty-induced stress can lead to lowered empathy and heightened aggression in individuals.
Name the two hormones that regulate empathy according to the dual-hormone hypothesis.

Ans :

Testosterone and cortisol

58. Due to severe financial inabilities, a daily wage labourer is constantly stressed and fails to provide adequate emotional and physical support to his children.
What negative outcome of poverty on social behaviour does this situation represent?

Ans :

Negligent parenting leading to child abuse

59. The dairy cooperative Amul in India has successfully uplifted many families economically by ensuring the participation of rural women.
Which specific category of poverty reduction measures does this initiative illustrate?

Ans :

Social measures

60. An uneducated daily-wage earner cannot afford specialized training for his daughter, forcing her to also take up a low-paying, unskilled job, thereby continuing their financial hardship.
Identify the specific term used to describe this continuous loop.

Ans :

The poverty cycle

61. Ravi takes his family to an amusement park featuring giant roller coasters, artificial lakes, and concrete pathways.
Identify the specific type of environment they are visiting.

Ans :

Built environment

62. Meena has been living in a highly disorganized, cramped, and dirty slum area for several years and often feels a deep sense of despair.
What psychological consequence is frequently linked to living in such conditions?

Ans :

A high rate of depression

63. While preparing for her exams, Ananya got used to the constant hum of her ceiling fan but was highly distracted when a neighbor's dog barked suddenly at random intervals.
Explain briefly why the dog's bark was more distracting.

Ans :

Intermittent noise that starts suddenly without warning is more disturbing than continuous noise.

64. Suresh never smokes, but he often suffers from respiratory issues because his roommate constantly smokes cigarettes inside their small apartment.
What specific type of environmental hazard is Suresh experiencing?

Ans :

Indoor air pollution due to being a passive smoker.

65. Despite the loud construction work happening right outside his window, Rohan plays his favorite video game with absolute focus and makes no mistakes.
Why is his performance unaffected by the loud sounds?

Ans :

Interesting tasks are not deterred by noise because the individual pays full attention and ignores it.

66. Priya grew up in a large joint family sharing a small house, so she feels completely at ease navigating through a densely packed local market without feeling stressed.
Which specific ability helps Priya cope with this high-density environment?

Ans :

Crowding tolerance

67. During a highly stressful mass recruitment drive with limited vacancies, Vikram stays calm and views the interview as an exciting opportunity to showcase his skills.
Identify the concept that explains Vikram's positive emotional reaction to this situation.

Ans :

Competition tolerance

68. Immediately after a massive earthquake destroyed his village, Mohan wandered around confused, refusing to believe that his house was completely gone.
Which immediate psychological reaction to a natural disaster is Mohan displaying?

Ans :

Disorientation and denial

69. Sunita survived a severe tsunami but is now constantly haunted by extreme remorse, questioning why she lived while her neighbors perished.
What specific long-term condition is she experiencing?

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98. Following a severe train derailment, Aman refuses to travel by rail or even speak about the incident. He constantly blames himself for not saving his co-passenger, experiences severe nightmares, and startles easily at sudden loud noises.

Analyze the clinical manifestation of Aman's trauma.

(i) Identify the psychological disorder Aman is likely experiencing.

(ii) Describe the three distinct symptom groups demonstrated by Aman in this scenario.

Ans :

(i) The psychological disorder Aman is likely experiencing is Post Traumatic Stress Disorder (PTSD).

(ii) The survivors of extreme trauma often display severe behavioral and emotional disruptions that impair daily functioning:

1. Avoidance: The individual actively refuses to get involved in related activities, staying far away from places, people, or transportation methods that remind them of the trauma. Aman demonstrates this by strictly refusing to travel by rail or even talk about the dreadful incident.
2. Negative changes in thinking and mood: This involves harboring extremely negative thoughts about oneself and others, heavily crowded with guilt, fear, and shame. Aman exhibits survivor's guilt by constantly carrying a painful burden and blaming himself for failing to save his helpless co-passenger.
3. Changed physical and emotional reaction: This symptom group entails severe trouble sleeping, extreme hypervigilance, and an inability to control emotional outbursts. Aman shows clear physiological hyperarousal through his recurring severe nightmares and by getting startled very easily at sudden, unpredictable loud noises.

99. The local municipality has mandated a new waste disposal system for all households. Residents are now required to maintain separate bins for food scraps and plastic packaging before the workers take them away for processing.

Describe the subsequent steps of this environmental initiative.

(i) Identify the pro-environmental practice being implemented by the municipality.

(ii) Explain the three subsequent steps involved in managing this household waste effectively once it leaves the residence.

Ans :

(i) The pro-environmental practice being implemented by the local municipality is systematic garbage management.

(ii) Effective garbage management entails a structured process to maintain community health, aesthetics, and environmental safety:

1. Collection and transportation: After the waste is properly segregated into wet and dry categories in the household wastebins, the stored garbage must be efficiently collected. It is then systematically transported by trained municipal workers or specialized vehicles to designated large-scale regional treatment centres.
2. Processing and recycling: Once transported to the treatment centres, the waste is processed according to its segregated nature. The materials are either actively recycled into new products, used extensively to create organic compost for agriculture, sent to designated landfills, or safely incinerated.
3. Handling hazardous waste: The process strictly dictates that specialized dangerous materials, such as industrial byproducts, e-waste, and hospital surgical waste, be managed very carefully. Proper disposal at designated places is crucial, as mishandling these toxic wastes can end up severely harming the natural environment.

100. A village community has differing views on fireworks. The older generation, who suffered sleeplessness during a recent festival, strongly opposes them. Meanwhile, a local teacher advocates against them due to climate change awareness.

Analyze how the villagers' environment has shaped their perspectives.

(i) Identify the psychological concept that reflects the villagers' differing views shaped by their environment.

(ii) Discuss any three environmental factors that mould this psychological concept in individuals.

NODIA

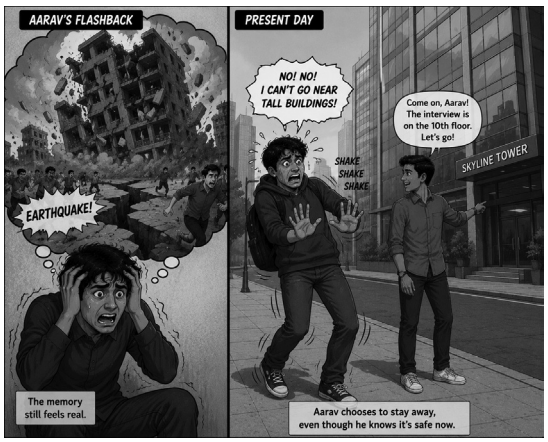
81. Observe the image below and answer the following question.

Identify the specific psychological ability demonstrated by the seated woman that allows her to perform well and show less negative emotional reaction in this high-density environment.

Ans :

Competition tolerance.

82. Observe the image below and answer the following question.


AARAV'S FLASHBACK
EARTHQUAKE!
The memory still feels real.
PRESENT DAY
NO! NO! I CAN'T GO NEAR TALL BUILDINGS!
SHAKE SHAKE SHAKE
Come on, Aarav! The interview is on the 10th floor. Let's go!
SKYLINE TOWER
Aarav chooses to stay away, even though he knows it's safe now.

Based on Aarav's behaviour in the second panel, which specific group of symptoms associated with Post Traumatic Stress Disorder is he exhibiting?

Ans :

Avoidance.

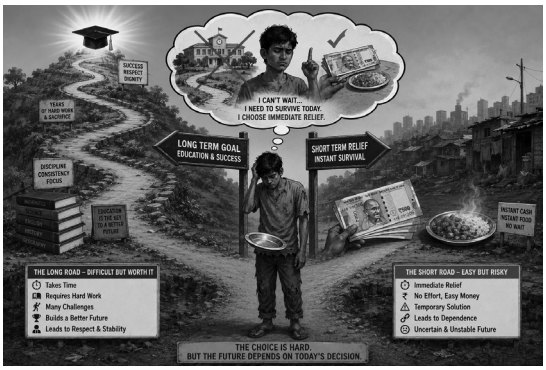
83. Observe the image below and answer the following question.

Which specific method of managing non-biodegradable consumer goods is demonstrated by Sunita's transformation of the items in the image?

Ans :

Reuse.

84. Observe the image below and answer the following question.


I CAN'T WAIT. I NEED TO SURVIVE TODAY. I CHOOSE IMMEDIATE RELIEF.
LONG TERM GOAL EDUCATION & SUCCESS
SHORT TERM RELIEF INSTANT SURVIVAL
THE LONG ROAD – DIFFICULT BUT WORTH IT
Takes Time
Requires Hard Work
Many Challenges
Builds a Better Future
Leads to Respect & Stability
THE SHORT ROAD – EASY BUT RISKY
Immediate Relief
No Effort, Easy Money
Temporary Solution
Leads to Dependence
Uncertain & Unstable Future
THE CHOICE IS HARD. BUT THE FUTURE DEPENDS ON TODAY'S DECISION.

Identify the specific psychological mindset developed by this individual due to the chronic stress of poverty, causing him to choose immediate incentives over long-term goals.

Ans :

Present-biased mindset.

85. Observe the image below and answer the following question.

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Ans :

Survivor's guilt

70. Months after surviving a terrifying train accident, Rajesh frequently experiences distressing nightmares and feels as though the horrifying event is happening all over again while he is awake.
Which symptom cluster of his trauma disorder is being described here?

Ans :

Intrusive memories or flashbacks

71. Ever since she was mugged at a specific bus stop, Kavita takes a much longer route to work just to ensure she never has to see or go near that location again.
Which symptom of her post-traumatic condition does this behavior illustrate?

Ans :

Avoidance

72. Instead of throwing away empty glass jam jars, Mrs. Sharma paints them and uses them as decorative pots for her balcony plants.
Which specific waste reduction strategy is she applying?

Ans :

Reuse

73. A local municipality decides to plant dense shrubs and tall trees along the boundaries of a busy highway near a residential colony.
How does this specific environmental action help reduce distress for the residents?

Ans :

Dense trees and shrubs act as natural deterrents by absorbing the sound of traffic.

74. Though Rahul has enough food and a basic roof over his head, he constantly compares himself to his wealthy classmates and feels a deep sense of injustice about not getting what he feels he deserves.
What specific psychological feeling is Rahul experiencing?

Ans :

Deprivation

75. Despite being highly intelligent and capable, a young man is repeatedly denied access to the village's shared agricultural resources due to entrenched caste barriers and societal structure.
Identify the term that describes this barrier.

Ans :

Social disadvantage

76. Growing up in severe financial hardship, Tarun chooses to drop out of high school to earn a small daily wage, entirely ignoring the long-term benefits of completing his education.
What kind of mindset is Tarun exhibiting?

Ans :

A present-biased mindset

77. A teenager from a severely impoverished neighborhood frequently gets into fights and eventually joins a local gang for security.
According to the text, what specific emotional changes caused by the developmental constraints of poverty make him vulnerable to this?

Ans :

Heightened feelings of aggression and lesser empathy

78. Ramesh could not afford schooling due to his family's low income, which forced him into an unskilled, low-paying job, ensuring his own children also cannot afford good education.
What deliberating factor of poverty is Ramesh caught in?

Ans :

The trap of poverty cycle

79. A rural community implemented a program similar to the Amul cooperative, ensuring that female members actively participate in economic production and earn a living.
Which specific social measure to reduce poverty is being applied here?

Ans :

Empowering women

80. A community living near an unregulated manufacturing plant consumed contaminated groundwater for years, leading to severe brain development issues in their children.
Identify the specific polluting substance and its psychological effect mentioned in the text.

Ans :

Lead, which results in mental retardation.

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Ans :

True

FOUR MARKS QUESTIONS

96. Ravi lives in a densely populated hostel where he shares a tiny room with three others. Lately, he has been performing poorly in his college tests, picking fights with his roommates over trivial issues, and choosing to stay away from group activities.
Identify the environmental phenomenon affecting Ravi and explain its impact.
(i) Identify the environmental phenomenon affecting Ravi.
(ii) Explain any three ways this phenomenon impacts an individual's behavior and well-being, as evident in the scenario.

Ans :

(i) The environmental phenomenon affecting the individual in this scenario is crowding.
(ii) Crowding creates immense psychological discomfort and negative experiences, significantly altering an individual's everyday functioning:
1. Low performance: Tasks involving cognitive processes are not executed properly because crowding negatively affects memory, attention, and emotional stability. The constant environmental stress diminishes focus, directly explaining why Ravi is currently facing a sharp decline in his academic performance and college test scores.
2. Increased aggression: Extensive research shows a prominent increase in aggressive behavior, especially in men, because they severely lack personal space. The heightening of unpleasant negative experiences leads to extreme frustration, causing individuals like Ravi to constantly initiate fights with roommates over trivial issues.
3. Social withdrawal: When people feel a profound loss of control over their social interactions due to high-density environments, they develop defensive coping mechanisms. To manage the overwhelming tension, individuals like Ravi deliberately isolate themselves, withdrawing completely from peers and avoiding necessary group activities.

97. Ten-year-old Meera comes from a socio-economically disadvantaged background. She struggles to plan ahead, often gives up on tasks quickly seeking immediate rewards, and performs poorly in classification and verbal reasoning tasks at school.
Discuss the impact of her background on her psychological development.
(i) Identify the psychological consequence of Meera's background being described here.
(ii) Discuss any three specific impacts of this condition on cognitive functioning and motivation.

Ans :

(i) The psychological consequence described here is the effect of poverty on cognitive functioning and motivation.
(ii) Poverty and the chronic stress associated with it severely restrict a child's developmental capabilities and future success:
1. Reduced cognitive capacity: Constant worrying about the lack of basic resources at home negatively impacts an individual's attention, memory, and capacity to plan ahead. This directly causes young children like Meera to struggle significantly with foresight, problem-solving, and managing everyday school responsibilities.
2. Lack of cognitive stimulation: Children from socio-economically deprived families rarely receive adequate cognitive stimulation through educational books or intellectual games. Consequently, they perform much worse in fundamental intellectual tasks, such as complex classification, verbal reasoning, and depth perception compared to affluent peers.
3. Lowered motivation: Chronic stress hinders academic achievement, making the individual feel completely helpless and resulting in lowered motivation to try harder. Such children develop a present-biased mindset, focusing entirely on immediate incentives and immediate rewards rather than working towards long-term future goals.

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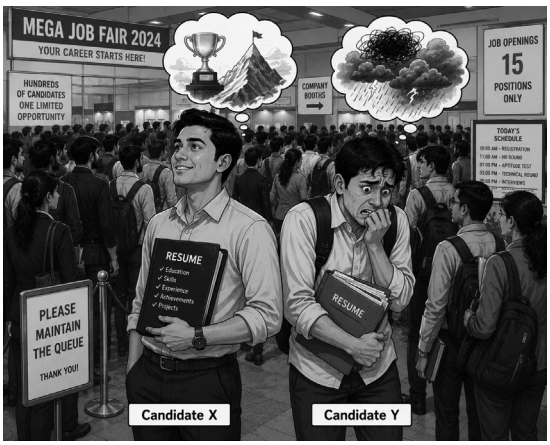
Ans :

(d) Altered physiological arousal resulting in hypervigilance and sudden outbursts
Vikram is displaying changed physical and emotional reactions, a key symptom group of Post Traumatic Stress Disorder (PTSD). This involves hypervigilance, getting startled easily by minor things, excessive sweating, rapid breathing, and increased heartbeat. His extreme startle response to a simple dropped file clearly indicates an inability to control physiological arousal following trauma.

38. Observe the image below and answer the following question.



Both candidates are placed in an environment with high density and limited resources. While Candidate Y is overwhelmed and stressed, Candidate X remains emotionally stable and views the situation as an opportunity to secure what is needed. Which psychological ability best explains Candidate X's calm and determined demeanour?

(a) The capacity to accept the situation and perform to procure basic necessities
(b) The tendency to withdraw from social interactions to cope with dense crowds
(c) The habit of reducing cognitive stimulation to block out external noise
(d) The culturally learned ability to endure living in very tight physical spaces

Ans :

(a) The capacity to accept the situation and perform to procure basic necessities
Candidate X demonstrates high competition tolerance, which is the ability to accept a competitive situation and perform well to procure needed resources, like a job. Unlike crowding tolerance (enduring limited space), competition tolerance allows the person to view an ordeal as a challenge, thereby showing less negative emotional reaction and stress.

39. Observe the image below and answer the following question.

Suraj lives under severe financial strain and constant stress about his basic daily needs. When presented with choices, he consistently opts for immediate, albeit smaller, incentives and engages in high-risk behaviours, rather than working towards long-term security. How does chronic social disadvantage explain this specific behavioural pattern?

(a) Constant worry diminishes his working memory and verbal reasoning skills.
(b) Environmental constraints force him into a state of severe social withdrawal.
(c) Chronic stress creates a mindset focused only on the here and now.
(d) Lack of financial resources directly lowers his innate intellectual capacity.

Ans :

(c) Chronic stress creates a mindset focused only on the here and now.
Poverty and chronic stress push individuals to develop a present-biased mindset. Because the future seems bleak and uncertain, people fending for basic needs focus on the 'here and now' rather than long-term implications. This leads to choosing immediate incentives and sometimes engaging in high-risk behaviours, rather than planning for distant goals.

40. Observe the image below and answer the following question.

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Ans :

(i) The psychological concept reflecting the varying views in this scenario is environmental influence on attitude.

(ii) An individual's perspective on environmental and social issues is deeply moulded by multiple surrounding factors:

1. Personal experience with surroundings: An individual's direct encounters drastically affect their mindset. For instance, experiencing a night of intense cracker bursting that causes sleeplessness for the elderly creates a strongly negative attitude towards loud noise, as seen in the older generation's firm opposition.
2. Education leading to awareness: Formal education and curriculum-based learning significantly elevate an individual's consciousness regarding global environmental problems. This newfound awareness highlights long-term implications, pushing educated professionals like the local teacher to proactively advocate for solutions against harmful practices causing global climate change.
3. Socioeconomic and cultural norms: The specific socioeconomic group or family setting an individual belongs to heavily influences their priorities. While developed societies might focus deeply on global climate change, economically challenged groups prioritize basic local necessities, shaping fundamentally different attitudes toward societal traditions.

101. Due to a sudden closure of local textile mills, many families in a town lost their livelihood. Furthermore, because of generational lack of access to quality education and systemic discrimination, these individuals are unable to find alternative skilled employment.
Evaluate the structural causes keeping these families in financial despair.

(i) Explain two economic factors responsible for the financial hardship faced by these families.

(ii) Describe two social factors that prevent them from escaping this condition.

Ans :

(i) The financial hardships faced are rooted in specific economic constraints:

1. Unemployment: Capital shortage halts new entrepreneurship, causing minimal vacancies and job instability. The sudden closure of mills completely eliminated their income, leaving workers unexpectedly unemployed and pushing families into deep, immediate financial hardship.
2. Wealth distribution disbalance: Economic systems allow a few wealthy people to take absolute control of resources. This wealth concentration, combined with sudden price hikes of essential commodities, completely strips vulnerable workers of savings, severely worsening their daily struggle for survival.

(ii) The families remain firmly trapped due to societal obstacles:

1. Social discrimination: Discrimination based on caste, ethnicity, or gender blocks disadvantaged groups from securing employment. This social disadvantage deliberately restricts capable individuals from accessing essential services, obstructing their only pathway out of an impoverished living condition and financial despair.
2. Poverty cycle trap: Generational poverty denies individuals access to good education and required training. This lack of cognitive stimulation firmly constricts their job accessibility to unskilled, low-paying labor, ensuring the vicious cycle of deprivation continues endlessly for all future generations.

102. Employees working near a busy industrial construction site frequently complain of persistent irritability and a drastic dip in their ability to perform complex tasks. Recent medical reports also show a rise in anxiety and respiratory issues among the staff.
Discuss the environmental hazards affecting the employees.

(i) Describe any two psychological or cognitive impacts of the continuous unwanted sound on the employees.

(ii) Discuss any two severe psychological or physical effects linked to the polluted air

NODIA

Ans :

(i) The branch of psychology that studies this two-way interaction is called Environmental Psychology.

(ii) Pro-environmental behaviour can be effectively promoted through targeted awareness, education, and robust infrastructural support:

1. Awareness can be effectively spread by demonstrating desirable pro-environmental behaviours like switching off electrical gadgets when not in use and stopping water wastage. Announcing the positive feedback of using these methods reaches the maximum number of people, strongly encouraging them to adopt these practices.
2. Vital environmental information can be seamlessly integrated into the regular school curriculum and various extracurricular activities. By giving students some kind of tangible incentive to follow such green behaviour, schools can ensure that sustainable practices permanently become a deeply ingrained part of their daily habits.
3. The authorities can tremendously help by thoughtfully designing and actively implementing supportive systems for the public. For example, having recycling bins readily accessible everywhere or providing highly comfortable and affordable public transport motivates individuals to use private transport less, thereby successfully saving precious fuel.

115. In a densely populated hostel, Arjun easily adjusts to sharing a small room and limited resources, whereas his roommate becomes highly stressed and agitated.

(i) Name the concept that explains Arjun's ability to cope with this high-density environment.

(ii) Explain this concept and highlight the factors that help an individual develop this ability.

Ans :

(i) The concept that explains Arjun's ability to seamlessly adjust is crowding tolerance.

(ii) Crowding tolerance dictates exactly how well different individuals cope with limited personal space and shared resources:

1. Crowding tolerance specifically refers to an individual's innate ability to successfully cope with a high-density environment. In such an environment, the individual might have to constantly fight for basic resources and efficiently deal with a significant lack of personal space without suffering psychological breakdown.
2. Various cultural factors play a massive role in actively developing this tolerance. Growing up in a highly collectivistic society or living in a large joint family within a small house helps in significantly increasing crowding tolerance, making dense living situations feel much more manageable.
3. A naturally high crowding tolerance results in a significantly lesser amount of stress and emotional discomfort in high-density environments. However, extensive research notes that regardless of one's cultural background or tolerance level, excessive crowding ultimately ends up being highly stressful for absolutely everyone involved.

116. Kabir lives in an unsecured, impoverished neighborhood. His parents frequently fight over financial issues, and Kabir exhibits aggressive tendencies and high risk-taking behaviour.

(i) Identify the psychological concept influencing Kabir and his family's behaviour.

(ii) Explain three ways this condition affects the personality and social behaviour of individuals.

Ans :

(i) The psychological concept is the adverse effect of poverty on personality and social behaviour.

(ii) Poverty creates immense stress and severe developmental constraints that drastically alter an individual's personality and social interactions:

1. An individual constantly fending for basic needs while feeling utterly deprived develops profoundly low self-esteem. This pushes them into a present-biased mindset, making extremely poor choices and showing high risk-taking behaviours like early sexual activity and criminal activities without thinking of long-term legal implications.

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cutlery, plastic bags, and hazardous styrofoam plates. Preventing the initial use of these highly polluting items significantly decreases the overall accumulation of harmful synthetic materials on earth.

2. The campaign encourages adopting reusable alternatives to permanently replace single-use plastics. By bringing their meals in durable goods made of steel or cloth bags, the students promote sustainable habits that actively curb the ongoing manufacturing of toxic consumer products.
3. The students apply the reuse principle by creatively utilizing existing products in entirely new ways. Repurposing empty glass jars into functional pen stands, or repairing broken items, extends the product's lifespan and drastically prevents it from prematurely entering the local garbage cycle.
4. For items that cannot be reduced or reused, students utilize proper recycling. They ensure damaged electronics and e-wastes are safely sent to designated treatment places, allowing efficient material processing and preventing toxic chemicals from causing further harm to the natural environment.

105. Three years after a devastating flood destroyed a rural village, many rescued inhabitants still require continuous psychiatric therapy. Adults struggle with persistent severe anxiety, while others carry an overwhelming burden of remorse for not saving their neighbors, and young adolescents face disrupted education and lasting emotional scars.
Explain any four long-term psychological and developmental impacts experienced by the survivors of such catastrophic natural disasters.

Ans :

Survivors of catastrophic natural disasters often suffer from deeply entrenched long-term effects that severely haunt their lives for years:

1. Long-term psychological issues: Individuals experiencing extreme environmental trauma frequently develop severe, chronic mental health conditions. They often struggle with debilitating anxiety disorders, affective disorders like severe depression, and persistent PTSD, which require prolonged psychiatric therapy to manage for the rest of their lives.
2. Survivor's guilt: Victims who outlive the disaster frequently carry an overwhelmingly painful sense of remorse and deep sadness. They bear a massive psychological burden, constantly questioning their actions and blaming themselves for not doing enough to help or save their deceased neighbors.
3. Severe effect on children: Young children and adolescents are the most vulnerable demographic during such catastrophic events. Along with physical vulnerability, they face prolonged psychological distress, becoming highly susceptible to lifelong anxiety and severe depression that leaves permanent emotional scars on their developing minds.
4. Disruption of life and education: The massive destruction of infrastructure forces sudden relocation and extreme financial instability. This severely disrupts the formal education of younger survivors, leaving a lifelong negative impact on their cognitive development and drastically altering their previously planned future dreams.

106. Ravi recently moved from a spacious rural town to a tiny, densely populated apartment in a bustling metropolitan city. He finds himself constantly uncomfortable and agitated in his new home. Observe the given image and answer the questions that follow.

(i) Identify the psychological feeling experienced by Ravi in the given scenario.
(ii) Describe any three negative effects of this experience on an individual's wellbeing.

Ans :

(i) The psychological feeling of discomfort experienced by Ravi in this scenario is termed as crowding.
(ii) The negative effects of this dense environment on an individual include:

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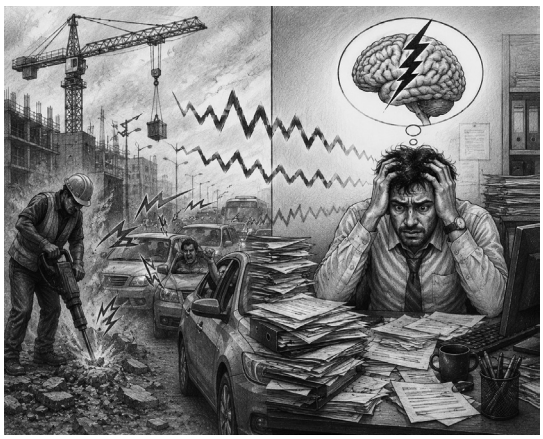
3. A present-biased mindset develops due to constant stress about the future. Instead of long-term planning, individuals focus on the here and now. This leads to poor choices regarding food, substance abuse, and engaging in high-risk behaviors or criminal activities.
4. Low self-esteem and hopelessness naturally arise when an individual is constantly fending for basic needs while feeling socially disadvantaged. This insecure environment makes them introverted, lack self-confidence, and they very often develop severe depression, anxiety disorders, and trauma.

110. Rohit works in an office located right next to a busy industrial construction site and a heavily congested traffic intersection. He has been struggling with his tasks lately. Observe the image below and discuss the implications of this scenario.



Explain the negative effects of this specific environmental pollutant on Rohit's psychological and physical well-being.

Ans :

The psychological and physical implications of continuous noise pollution on an individual are:

1. Prolonged exposure to loud, unpleasant noise severely affects a person's mood and physical health. It causes immense discomfort, annoyance, and irritation, while also posing serious health risks like hearing loss, cardiovascular problems, and generally lowered emotional well-being.
2. Excessive noise significantly reduces cognitive concentration, which directly affects the successful performance of any demanding task. If Rohit's office tasks require complex mental processing, the distracting environment will lower his productivity and drastically impair his overall work efficiency.
3. Intermittent noise, such as the sudden honking of traffic or abrupt construction sounds without any warning, is substantially more disturbing than continuous noise. This unpredictability prevents habituation, keeping the nervous system constantly agitated and heightening daily physiological stress levels.
4. Noise pollution has the profound tendency to increase stress and lower the mood of a person. Research clearly links elevated pollution levels with an increased risk of developing anxiety, depression, and a severely compromised overall quality of life.

111. After surviving a severe flood, Maya constantly has nightmares, avoids talking about the event, and gets easily startled by loud noises.

(i) Name the mental condition Maya is likely suffering from.

(ii) Explain any three symptom groups Maya might be experiencing based on her behaviour.

Ans :

(i) Maya is suffering from Post Traumatic Stress Disorder (PTSD).

(ii) The symptoms of PTSD are categorized into groups that severely impact an individual's psychological functioning:

1. Intrusive memories refer to frightening, unwanted memories of the trauma that come back repeatedly as uncontrollable flashbacks. Maya constantly experiences these through severely distressing dreams and terrifying nightmares about the flood incident, which ultimately causes her immense physical and emotional distress.
2. Avoidance is the strong tendency of the individual to avoid getting involved in activities and stay away from places or people reminding them of the trauma. Maya clearly exhibits this symptom by making active, deliberate efforts to not think or talk about the terrifying flood incident.
3. Changed physical and emotional reactions entail severe trouble in sleeping, concentrating, or controlling angry outbursts. Maya gets easily

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(i) Explain the framework depicted in the image to manage nonbiodegradable consumer goods.
(ii) Elaborate on any two practical steps Sunita can take to reduce plastic waste specifically.

Ans :

(i) The framework depicted to manage nonbiodegradable goods includes:
1. To reduce waste, we need to completely avoid using disposable plastic bags, straws, or cutlery. Instead, individuals should consistently use reusable goods made of sustainable materials like steel, glass, or cloth bags to minimize daily environmental harm.
2. To reuse and recycle, one can utilize a product in another way, such as using glass jars for storage or plants. Products should also be properly segregated into specific categories like plastic or metal so they can be processed efficiently.

(ii) Practical steps Sunita can take include:
1. Sunita can actively reduce much of her plastic waste by carrying her own reusable bags, water bottles, and cutlery instead of relying on single-use items. She can also opt for sustainable natural fibres over synthetic ones.
2. She can ensure that all household storage containers are made of glass or metal instead of using disposable plastic wraps. Additionally, repairing broken plastic products instead of immediately rejecting and discarding them significantly helps reduce waste accumulation.

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109. Aman grows up in a socioeconomically challenged neighbourhood with limited access to financial resources, clean water, and proper nutrition. This constant struggle heavily impacts his psychological development. Analyze the given image and explain the related concept.

Explain any four effects of poverty and deprivation on an individual's cognitive functioning and personality.

Ans :

The adverse effects of poverty and deprivation on cognitive functioning and personality are:
1. Reduced cognitive function occurs because constant worrying about the lack of resources affects an individual's attention and memory. Deprived children lack adequate cognitive stimulation, resulting in worse performance in intellectual tasks like classification, verbal reasoning, and depth perception.
2. Lowered motivation is a direct result of chronic stress. This stress hinders academic achievement, which closes the doors to higher education and future goals. Consequently, the individual feels completely helpless and loses the motivation to try harder for longer periods.

deeply disruptive relocations that leave a lifelong impact on their minds.

119. After a severe car accident involving multiple people, doctors notice that while most passengers recovered mentally, one passenger developed intense anxiety and flashbacks.
(i) What mental condition is this passenger suffering from?
(ii) Highlight three factors that make certain individuals more vulnerable to developing this condition compared to others.

Ans :

(i) The passenger is suffering from Post Traumatic Stress Disorder (PTSD).
(ii) Health care professionals believe a unique combination of biological and environmental factors makes an individual highly vulnerable:
1. Individuals who have continuously been going through a tremendous amount of stress all their lives are at higher risk. When these highly stressed individuals suddenly go through some extremely stressful and terrifying traumatic experience, they tend to easily develop severe Post Traumatic Stress Disorder.
2. Clinical research demonstrates that PTSD shows a very strong correlation to a documented family history of anxiety disorders and clinical depression. This strongly suggests that there could be an underlying genetic cause making specific individuals biologically more vulnerable to developing this debilitating mental condition.
3. The delicate biological regulation of essential chemicals and specific hormones in the physical body by the brain plays a vital role. If this delicate neurochemical balance is easily disrupted by severe trauma, it can independently make an individual highly susceptible to suffering from persistent PTSD.

120. A residential society is facing severe hygiene issues due to the mindless disposal of household waste in open areas, leading to foul smells and infections.
(i) What specific environmental hazard is being created in this residential society?
(ii) Explain three steps involved in the proper management and disposal of this waste.

Ans :

(i) The society is suffering from severe hazards directly caused by improper garbage management.
(ii) The proper management of garbage is of absolute utmost importance for health and aesthetics, involving systematic disposal:
1. The garbage generated in the household must first be stored safely in designated wastebins. It is absolutely crucial that this waste is strictly segregated into different groups like wet waste containing food scraps, dry waste containing plastics, and dangerous hazardous waste like discarded surgical items.
2. Once properly stored and segregated, the garbage must be collected systematically and transported efficiently by trained municipal workers or specific treatment centres. This organized transportation process ensures that the rotting waste does not dangerously pollute the immediate residential environment and cause severe health hazards.
3. Finally, the collected waste must be processed properly by the authorities; it is either carefully recycled into new products, used for creating fertile compost, deposited safely into highly regulated landfills, or completely incinerated in a controlled manner to thoroughly destroy the harmful waste materials.

121. A city hospital reports a sudden spike in patients showing signs of mental retardation, anxiety, and lowered cognitive functions. The city has recently suffered from severe soil, water, and air contamination.
(i) Explain how specific polluting substances in soil/water and air negatively affect brain development and cognitive functions.
(ii) Discuss how pollution exposure impacts the mood and severe mental health conditions of individuals.

Ans :

(i) Pollutants heavily present in our surroundings have direct, highly dangerous impacts on our cognitive development:
1. Highly polluting substances like lead found in contaminated soil and water severely affect human brain development. This toxic environmental

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startled by loud noises because she has become hypervigilant, a condition that also leads to an increased heartbeat, rapid breathing, and excessive sweating in daily life.

112. Rohan recently moved from a chaotic, poorly maintained locality to a quiet neighborhood surrounded by aesthetic historical monuments. He notices a significant improvement in his mental well-being.

(i) Which specific environmental effect on human behaviour is highlighted here?

(ii) Explain how environments can positively and negatively influence this aspect of human behaviour.

Ans :

(i) The scenario highlights the environmental influence on human emotion.

(ii) The physical environment we spend our time in has a profound impact on our emotional well-being and mental health:

1. Places endowed with serene natural beauty or aesthetically pleasing historical structures actively help to calm individuals down. This positive environment promotes deep emotional recuperation, allowing people like Rohan to experience a profound sense of overall emotional well-being and psychological peace in their daily lives.
2. Conversely, individuals forced to live in dirty slums or highly disorganized, chaotic rooms often feel emotionally low and severely distressed. Extensive psychological studies have shown that the overall rate of clinical depression is significantly higher among people trapped in such adverse living situations.
3. Extreme environmental events, particularly natural disasters, have been known to not only destroy life and property but also result in severe psychological damage. These devastating environments frequently trigger intense mental disorders like learned helplessness, chronic depression, and severe post-traumatic stress disorder in affected individuals.

113. A teacher notices that children from extremely impoverished families struggle with tasks like classification and verbal reasoning, often giving up easily compared to their affluent peers.

(i) Identify the psychological consequence of poverty being demonstrated by the children.

(ii) Explain three ways poverty and the associated stress negatively impact these children's abilities and motivation.

Ans :

(i) The children are demonstrating the negative effects of poverty on cognitive functioning and motivation.

(ii) Poverty creates continuous stress and severe deprivation that directly hampers a developing child's intellectual and motivational growth:

1. Constant worrying about the severe lack of resources, difficult conditions at home, and what might happen the next day negatively affects the child's attention span. It severely diminishes their memory capacity and completely destroys their ability to carefully plan ahead for any future academic tasks.
2. These impoverished children usually lack the essential cognitive stimulation normally provided by books or interactive games in financially stable families. Consequently, studies clearly show they perform significantly worse in crucial intellectual tasks like classification, verbal reasoning, and time and depth perception compared to peers.
3. The chronic stress stemming from poverty leads to lowered cognitive abilities, which naturally translates into much lower academic scores. This closes the doors to higher education, making the individual feel completely helpless and resulting in a significantly lowered motivation to try harder for long-term goals.

114. The local municipality wants to encourage citizens to adopt sustainable practices but finds that people are reluctant to change their daily habits.

(i) What branch of psychology studies this two-way interaction between humans and their surroundings?

(ii) Suggest three ways authorities or schools can promote positive environmental habits among citizens.

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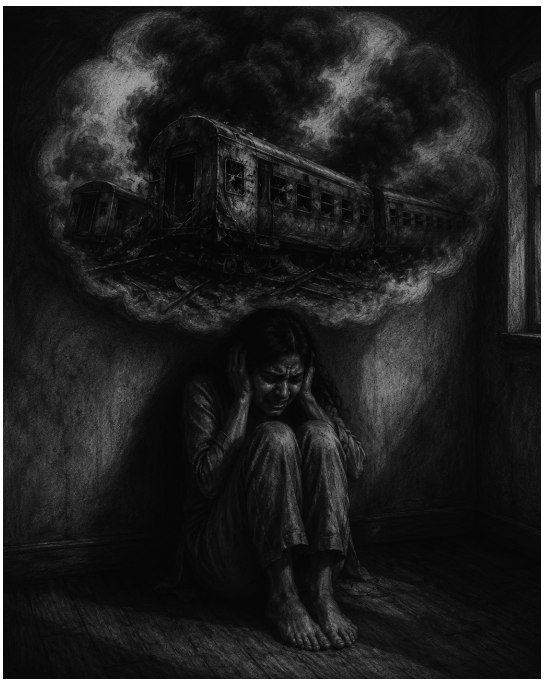
1. Increased stress and tension are primarily caused by the individual's feeling of a lack of control over their environment. This continuous discomfort due to crowding results in heightened psychological stress and negatively impacts their daily functioning and overall mental peace.
2. Low performance is commonly observed because tasks involving complex cognitive processes are not executed well. The constant presence of a high-density crowd negatively affects an individual's memory retention, problem-solving skills, and severely disrupts their emotional stability and focus.
3. Mental health deteriorates as the discomfort due to crowding, especially in residential spaces, ends up making people highly anxious and depressed. Furthermore, it leads to heightened unpleasantness, social tension, and increased aggression because individuals desperately lack their own personal space.

107. Meera survived a devastating train accident a year ago, but her family notices that she still exhibits deeply unsettling behaviours whenever she hears a loud siren. Study the provided image carefully and answer the following questions.



(i) Identify the specific group of symptoms of the psychological disorder Meera is experiencing as depicted in the image.

(ii) Describe any three other groups of symptoms associated with this disorder.

Ans :

(i) The specific symptom group depicted is intrusive memories, which is part of Post Traumatic Stress Disorder.

(ii) The other groups of symptoms associated with this condition are:

1. Avoidance is the strong tendency of the individual to not get involved in routine activities. They actively try to stay away from specific places, objects, or people who serve as a reminder of the traumatic event to prevent severe emotional distress.
2. Negative changes in thinking and mood involve the individual's distorted thoughts about themselves and others. These thoughts are overly negative, full of fear, guilt-ridden, angry, and involve blaming themselves, leading to a deep feeling of shame and emotional numbness.
3. Changed physical and emotional reactions entail an individual's severe trouble in sleeping, concentrating, and controlling angry outbursts. The individual becomes highly hypervigilant, gets startled easily, sweats more than usual, breathes rapidly, experiences an increased heartbeat, and trembles frequently.

108. Sunita noticed her family discarding large amounts of single-use items. She decided to adopt a specific framework at home to minimize this environmental impact. Observe the illustration below and answer the related questions.

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2. Children trapped in impoverished households experience constant stress and developmental constraints that lead to heightened feelings of aggression and lesser empathy. This directly causes more frequent fights, intense social withdrawal, and antisocial activities as their dire need for security pushes them towards neighborhood criminals.
3. Among struggling adults, severe lack of finances massively increases family conflicts that frequently lead to bitter divorce. Their financial inability to support dependents results in negligent parenting and child abuse, while the high costs completely restrict them from participating in normal social socializing activities.

117. Two individuals react completely differently to loud firecrackers. One enjoys them with family, while the other hates them because they disturb their elderly grandfather's sleep.

(i) Which specific psychological aspect is being shaped by the environment in this scenario?

(ii) Discuss three key environmental influences that mould this specific psychological aspect of an individual.

Ans :

(i) The psychological aspect being shaped by the environment is the attitude of an individual.

(ii) An individual's attitude is strongly molded by various environmental factors and deeply personal experiences:

1. The daily experiences an individual undergoes within their specific family setting profoundly influence their fundamental attitude. This deeply shapes their psychological perspective towards family dynamics, historical traditions, interpersonal relationships, and the broader cultural norms of the specific society they are actively a part of.
2. The socioeconomic group an individual belongs to strongly influences their attitude towards the world. While developed countries worry extensively about global climate change, poorer nations focus heavily on basic necessities like food and housing, altering people's attitudes towards global issues versus pressing local issues.
3. An individual's personal experience with their immediate physical surroundings directly affects their attitude. For instance, a night of intense cracker bursting disturbing an elderly relative creates a highly negative attitude, while enjoying those same crackers with friends creates a vastly different, highly positive psychological attitude.

118. Years after surviving a devastating tsunami, a fisherman still blames himself for not saving his neighbor and suffers from chronic sadness and anxiety.

(i) Name the specific long-term psychological condition involving remorse that the fisherman is experiencing.

(ii) Explain three long-term effects of natural disasters on the survivors.

Ans :

(i) The fisherman is experiencing severe survivor's guilt.

(ii) Natural disasters leave deep psychological scars that heavily haunt survivors for a very long time:

1. Survivors often develop highly debilitating long-term psychological issues that destroy their peace of mind. Individuals who experience catastrophic natural disasters frequently develop severe chronic anxiety disorders, affective disorders like deep depression, and devastating Post Traumatic Stress Disorder, struggling for the rest of their lives.
2. Many traumatized survivors suffer intensely from survivor's guilt, heavily carrying a painful remorse and profound sadness. They constantly question themselves about what they might have done differently to help others survive, which becomes a massive, inescapable psychological burden impacting their entire future life.
3. Children are perhaps the most vulnerable victims, bearing the harsh effects of the disaster for the longest duration. Along with being susceptible to physical infections, they easily fall prey to severe depression, anxiety, and

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they are breathing.

Ans :

(i) Continuous loud and unwanted sound creates severe psychological and cognitive disruptions:
   1. Reduced concentration: Prolonged exposure to loud noise severely limits the ability to maintain focus. While simple tasks remain unaffected, employees experience a drastic reduction in their concentration, which heavily impairs their performance when executing complex mental tasks at the workplace.
   2. Mood alteration: Persistent continuous loud noise heavily disrupts emotional stability and psychological health. This uncomfortable environment significantly increases psychological stress levels, directly causing the employees to experience constant annoyance, intense irritability, and a generally lowered mood throughout their long work hours.

(ii) Breathing heavily polluted air introduces severe consequences for mental and physical health:
   1. Psychological disorders: A direct scientific link exists between prolonged pollution exposure and significant mood deterioration. This toxic environmental exposure massively increases the employees' risk of developing chronic anxiety, severe depression, and greatly lowers their overall psychological well-being and life quality.
   2. Cognitive decline: Inhaling airborne pollutants heavily compromises essential neural pathways. This continuous exposure leads to massive oxidative stress and dangerous neuroinflammation in the brain, which directly causes a measurable decrease in memory retention and severely impairs other critical cognitive functions.

103. During a highly competitive entrance examination held in a densely packed hall, Suresh feels completely suffocated and distressed by the sheer number of candidates around him. Conversely, his friend Ramesh is unfazed by the lack of space and views the intense environment as a motivating challenge.
Analyze the distinct psychological abilities displayed by Suresh and Ramesh in this environment. Provide four points distinguishing these two specific abilities.

Ans :

The varying reactions of the students are explained by their differing crowding tolerance and competition tolerance:
1. Suresh exhibits low crowding tolerance, which is the psychological ability to cope with high-density environments. He struggles to manage the overwhelming lack of personal space, resulting in severe discomfort and distress in the packed examination hall.
2. High crowding tolerance is typically developed through cultural factors, such as growing up in collectivistic societies or living in a joint family. These backgrounds help individuals endure limited space with a considerably lesser amount of stress and psychological breakdown.
3. Conversely, Ramesh demonstrates high competition tolerance, which is an individual's robust capacity to accept a highly demanding situation as a competition. This trait allows him to perform effectively and remain focused to procure necessary resources or achieve his specific academic goals.
4. Individuals with high competition tolerance show significantly less negative emotional reaction to challenging scenarios. Instead of viewing the crowded exam as a distressing ordeal, Ramesh interprets it as a motivating challenge, thereby going through a much lesser amount of stress.

104. A school club has launched a campaign to minimize the accumulation of hazardous synthetic materials in their cafeteria. They are urging students to avoid styrofoam plates, bring their own steel lunchboxes, use glass jars for pen stands, and send damaged electronic school property to designated treatment centers.
Discuss any four practical methods based on the 3Rs framework that the students are utilizing to manage this specific type of consumer waste.

Ans :

The students are effectively managing non-biodegradable consumer goods by practically implementing the framework of Reduce, Reuse, and Recycle:
1. To successfully reduce waste, the students are strictly avoiding the use of disposable

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exposure ultimately results in permanent mental retardation alongside numerous other severe physical health hazards that drastically reduce the affected individual's quality of life.

2. Breathing heavily polluted air shows a very strong correlation with a notable decrease in memory and other vital cognitive functions. Furthermore, sulphur dioxide pollution in the air specifically leads to lowered mental concentration and significantly reduced overall productivity in daily tasks.

(ii) Beyond cognitive deficits, high levels of pollution take a severe toll on psychological well-being:

1. A direct, proven link has been firmly established between prolonged exposure to pollution and an increased risk of developing depression and severe anxiety. This environmental contamination generally increases psychological stress and constantly lowers the everyday mood of a person.
2. Clinical research also directly links increased levels of pollution to vastly more serious psychological conditions. These include devastating disorders like schizophrenia and bipolar disorders, along with highly elevated suicidal ideation and frequent incidents of self-harm among the heavily affected individuals.

122. In a specific region, many capable individuals remain jobless because the primary industries have shut down. Furthermore, strict social hierarchies prevent certain groups from accessing basic education.

(i) Discuss the economic factors contributing to this region's impoverishment.

(ii) Explain how social factors and the poverty cycle further trap these individuals.

Ans :

(i) The economic environment plays a fundamental role in determining the overall financial stability of a region's population:

1. A severe shortage of capital leads to minimal entrepreneurship, resulting in a severe lack of job opportunities. This widespread unemployment brings low pay and constant job instability, with the terrifying fear of being abruptly fired constantly looming overhead.
2. A massive disbalance in wealth distribution actively allows a few wealthy people to ruthlessly control most resources. This completely deprives another group of any wealth at all, a dire situation further worsened by sudden, crippling price hikes of essential daily commodities.

(ii) Social systems and historical disadvantages can cement a population's impoverished status for generations:

1. Severe social discrimination heavily based on caste, ethnicity, or gender actively prevents certain capable individuals from securing employment. It completely blocks their access to proper health services and vital education, directly pushing them into a state of severe poverty and deprivation.
2. The inescapable trap of the poverty cycle ensures that malnourished, highly stressed individuals entirely lack cognitive stimulation. This severely restricts them to unskilled, extremely low-paying jobs, which again blocks any future educational opportunities, allowing the endless cycle of poverty to viciously continue.

123. A flash flood destroys an entire village. Rescue workers note that victims are extremely confused and some have lost their livelihoods entirely, forcing them to move to nearby cities.

(i) Explain the immediate cognitive and physical reactions experienced by the victims.

(ii) Discuss the short-term effects related to psychological distress and loss of property.

Ans :

(i) Victims of sudden natural disasters experience intense, immediate reactions that severely impair their functioning:

1. Often, the immediate psychological reaction is profound disorientation and deep denial. The terrifying event is so shockingly sudden that helpless victims simply cannot understand its full impact, frequently choosing to completely deny the massive enormity of the dangerous situation they are in.
2. Physically, they rapidly experience increased heartbeats, dangerously high

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backgrounds shape their attitudes toward the environment.

Ans :

(i) Environmental perception depends entirely on an individual's prior and current interactions with their surroundings:
   1. The businessman associates rain with positive past experiences, like cozy indoor memories. These pleasant environmental cues process sensory information positively, resulting in an emotionally calm and happy perceptual response to the intense storm.
   2. The labourer's past experiences with rain likely involve frightening property damage. This negative conditioning triggers immediate anxiety, as his sensory processing links the environmental cues of heavy rain directly to severe threat and physical survival.

(ii) The socio-economic group an individual belongs to fundamentally moulds their environmental attitude:
   1. Affluent individuals have their basic necessities comfortably secured. Consequently, their attitudes afford them the luxury of appreciating environmental aesthetics or focusing on larger global issues like climate change, remaining entirely detached from immediate survival challenges.
   2. Poorer individuals are continuously trapped fighting for basic necessities like dry housing. Their socio-economic reality forces their attitude to remain hyper-focused on immediate local issues, rendering natural environmental elements as dangerous potential threats to their livelihood.

138. A local municipality is facing a massive crisis with the accumulation of non-biodegradable consumer goods like styrofoam, plastics, and glass. They launch a community initiative to alter consumer habits.
Discuss four specific methods residents can adopt to manage this waste based on the recommended environmental framework.

Ans :

To manage non-biodegradable goods that harm the ecosystem, residents must adopt the framework of reducing, reusing, and recycling through these methods:

1. Residents must reduce waste by actively avoiding disposable cutlery, straws, and plastic bags. By strictly opting for reusable goods made of steel, glass, or cloth, they significantly decrease the daily accumulation of hazardous polluting substances in their local environment.
2. They should prioritize natural materials over synthetics to reduce waste generation. Purchasing products utilizing natural, sustainable fibres like wool and cotton instead of synthetic materials effectively decreases the overall manufacturing demand for harmful non-biodegradable goods in the industrial sector.
3. Reusing products creatively is essential for long-term sustainability. Residents can repurpose glass jars for storage, turn old mugs into planters, and systematically repair broken items instead of buying new ones, thereby successfully pulling a rein on fresh manufacturing.
4. When items cannot be reduced or reused, recycling is mandatory. Residents must segregate waste properly into specific categories like plastic and glass for efficient processing, while safely depositing toxic e-wastes at designated municipal collection centres to prevent toxicity.

139. Vivek works from home but struggles daily because his neighbour frequently plays loud music, and there is intermittent construction work outside his window.
Discuss four ways this specific type of pollution affects his cognitive performance and physical well-being.

Ans :

Exposure to unwanted sound from construction and entertainment constitutes noise pollution, which severely impacts Vivek's functioning in the following ways:

1. His concentration and cognitive performance will significantly drop. While simple mental tasks may remain unaffected, the loud, prolonged noise severely reduces his ability to focus on complex office work, ultimately degrading his daily task performance and professional productivity.
2. The intermittent nature of the construction noise makes the situation far worse. Because

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and drastically reducing the overall noise pollution reaching the nearby residential colony.

3. The civic authorities must actively enforce strict regulations definitively stopping excessive honking by transport vehicles in the area. Furthermore, they must strongly ensure that the exhaust systems in these vehicles are properly maintained to massively reduce unnecessary, highly distressing sounds.
4. Dense trees and thick shrubs naturally act as excellent sound deterrents by effectively absorbing incredibly loud sounds. Therefore, actively planting more lush trees heavily between the bustling industrial estate and the quiet residential area is an excellent, highly sustainable idea for fighting noise.

126. A family realizes they are generating too many plastic wrappers, synthetic fibers, and glass containers that end up in landfills, harming the local wildlife. They decide to adopt a sustainable framework to manage this waste.
Discuss the four methods under the 3Rs framework and sustainable packaging that the family and community can use to reduce such waste.

Ans :

The family and the wider community can effectively manage non-biodegradable consumer goods by eagerly adopting the following practical methods:

1. To successfully reduce waste, the family must strictly avoid using harmful disposable cutlery, plastic straws, and bags. They should enthusiastically opt instead for highly reusable goods thoughtfully made of durable steel or cloth, and deliberately choose natural, highly sustainable fibers like wool.
2. To properly reuse items, the family can utilize existing products in highly creative ways. For example, they can cleverly use old glass jars for secure storage, turn cracked mugs into beautiful plant holders, and meticulously repair broken things instead of buying new ones.
3. When household items simply cannot be reduced or reused, they must be meticulously recycled. The products genuinely need to be segregated properly into specific categories like plastic, glass, and metal so that municipal systems can easily process them efficiently and extremely safely.
4. At a much larger governmental or community level, there absolutely must be a massive shift towards actively developing and utilizing eco-friendly, highly sustainable packaging made safely from natural materials like bamboo, paper, or aluminium to completely replace highly hazardous single-use plastics.

127. During a major religious festival, thousands of people gather in a small town. A visitor, unaccustomed to such masses, starts feeling intensely uncomfortable, memory-impaired, and irritable.
Explain four psychological and physical effects of such high-density gatherings on an individual.

Ans :

The intense feeling of severe discomfort directly caused by the overwhelming presence of a massive group leads to negative effects:

1. Severe crowding significantly and negatively affects an individual's vital cognitive processes. Crucial memory functions and emotional stability are heavily compromised, which directly leads to surprisingly poor performance in absolutely any tasks requiring deep mental focus or prolonged concentration during that stressful time.
2. The distinct, terrifying feeling of completely losing control over one's own personal space and social interactions in a densely crowded environment instantly results in a highly heightened, incredibly overwhelming state of severe psychological stress and immense physical discomfort for the trapped individual.
3. Extreme discomfort strictly due to heavy crowding directly heightens the intense unpleasantness of already negative experiences. This ultimately ends up making affected people deeply anxious, highly depressed, and extremely agitated, severely deteriorating their overall mental health and daily emotional well-being over time.
4. Frequent, prolonged exposure to such incredibly crowded and stressful situations has highly detrimental physical health effects. These severe consequences include a marked, dangerous increase in blood pressure, severely weakened immunity, and highly disrupted sleep patterns that thoroughly destroy the individual's overall well-being.

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blood pressure, and extreme fatigue without activity. Cognitively, they severely lack attention, constantly worry, and completely forget important information while vividly and painfully remembering the traumatic experience over and over again.

(ii) In the short-term aftermath, survivors must grapple with intense emotional pain and severe lifestyle disruptions:
1. Survivors consistently experience acute psychological distress manifesting as intense fear, anxiety, profound grief, deep shock, and severe trauma. These devastating mental conditions directly result from personally experiencing the frightening natural disaster and helplessly mourning the massive personal and material losses incurred.
2. Due to the complete loss of property and crucial means of earning, many survivors instantly become homeless. They are suddenly forced to relocate to unfamiliar cities in desperate search of menial work, tragically ending up living on dangerous city pavements indefinitely.

124. A developing country's government decides to launch a comprehensive initiative to uplift its marginalized citizens. They plan to focus on education, healthcare, and job creation.
(i) Explain the social measures that can be implemented to boost the capabilities of the individuals.
(ii) Discuss the economic and governance measures required to generate income and improve the country's infrastructure.

Ans :

(i) Social measures are absolutely crucial for breaking the poverty cycle by directly empowering the population:
1. Actively boosting robust educational opportunities for absolutely all citizens makes marginalized individuals highly employable. Simultaneously, providing access to highly affordable healthcare, better nutrition, and proper sanitation ensures healthy, incredibly productive children and adults who can significantly uplift the entire society's functioning.
2. Tremendously empowering women through active participation in economic upliftment, alongside rapidly creating highly protective schemes for the desperate unemployed and vulnerable elderly, goes a massive long way in actively fighting poverty and permanently ensuring long-term social justice for the struggling community.

(ii) Economic and governance strategies build the vital structural foundation needed for a thriving society:
1. Essential economic measures involve directly generating massive employment by heavily supporting small and mid-scale entrepreneurships with accessible credit. Additionally, providing poor farmers with advanced technology and actively encouraging local trade helps the struggling economy grow rapidly and aggressively push back poverty.
2. Crucial governance measures require tremendous government effort to actively improve local infrastructure like roads. Establishing new schools, creating highly supportive special employment plans, and widely providing quality healthcare and sanitation programs effectively fights poverty while rapidly boosting the country's overall economy.

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125. A new industrial estate is being planned near a residential colony. The residents are worried about the excessive sounds from machinery and transport that will cause them immense stress. Suggest four effective measures that can be implemented at an organizational or community level to reduce this specific environmental problem.

Ans :

To successfully manage and reduce the adverse impacts of excessive noise pollution, the following steps must be carefully taken:
1. The noisy industrial machines must be maintained regularly and meticulously to emit significantly lesser noise. Alternatively, these older machines can be entirely replaced by highly advanced modern machines that are specifically designed to operate much more quietly without causing public disturbance.
2. The factory owners must strictly ensure that large areas housing these extremely noisy machines are completely soundproofed. This essential structural modification significantly helps in containing the jarring sound

he is definitely not getting the respect or opportunities he truly deserves.

2. When a struggling person strongly perceives this intense deprivation, their highly fragile psychological condition rapidly worsens. This extremely painful perception heavily pushes them directly towards a dark state of complete hopelessness, causing them to feel significantly more deprived than others fighting similar battles daily.
3. Harish is painfully facing a highly severe social disadvantage, which strictly refers to the deliberate unavailability of essential resources and decent opportunities for a specific group. This entirely stems from highly rigid, deeply flawed societal structures like the caste system, ignoring his actual capabilities.
4. This terrible social disadvantage arises directly from blatant systemic discrimination, where a highly unfair distinction is constantly made. Highly capable individuals exactly like Harish are deliberately denied well-deserved jobs and vital opportunities solely due to their heavily marginalized economic or lower social status.

131. After surviving a severe factory fire, Rajesh constantly avoids going near industrial areas and refuses to speak about the incident with his family. He often feels emotionally numb and disconnected from his loved ones.

(i) Identify the specific group of symptoms Rajesh is exhibiting.

(ii) Discuss three other symptom categories that an individual in his situation might experience.

Ans :

(i) Rajesh is exhibiting the "Avoidance" group of symptoms associated with post-traumatic stress. This involves steering clear of places, people, or activities that serve as reminders, and making active efforts to not think or talk about the traumatic incident.

(ii) An individual surviving a traumatic incident may experience the following other symptom groups:

1. Intrusive memories occur when frightening, unwanted memories of the trauma return repeatedly, causing the individual to relive the whole experience as a flashback. This can also include distressing dreams and intense emotional or physical reactions to events that remind them of the trauma.
2. Negative changes in thinking and mood involve the individual developing negative thoughts about themselves and others. These thoughts are often fear-driven, guilt-ridden, and accompanied by a feeling of shame, leading to a profound disinterest in previously enjoyed activities and emotional detachment.
3. Changed physical and emotional reactions entail significant trouble in sleeping, concentrating, and controlling angry outbursts. The individual becomes hypervigilant, gets startled easily by minor stimuli, experiences rapid breathing, sweating, and increased heartbeat, sometimes engaging in self-destructive behaviours like excessive drinking.

132. Residents living near a coal plant are inhaling high levels of fine particulate matter daily. Health officials note an alarming rise in severe mood regulation issues and cognitive decline in this population.

(i) Identify the specific medical term for the brain inflammation caused by such pollutants.

(ii) Explain three ways this form of environmental toxicity psychologically and neurologically affects individuals.

Ans :

(i) The specific medical term for the brain inflammation caused when fine particulate matter, like PM2.5, enters the bloodstream and crosses into the brain is neuroinflammation. This directly compromises neurological health.

(ii) Exposure to such heavy pollution impacts the psychological and neurological functioning of individuals in the following ways:

1. Oxidative stress is caused by the resulting inflammation, leading to a severe imbalance of free radicals and antioxidants. This imbalance ultimately damages the delicate brain cells, leaving the individual highly vulnerable to further mental and cognitive health complications.
2. Disrupted neural pathways occur because oxidative stress can physically block critical neural connections. Since

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128. A metropolitan city is experiencing hazardous smog levels due to vehicular emissions, industrial smoke, and burning of dry leaves, causing severe respiratory issues among its citizens.
Outline four actionable steps that individuals can incorporate into their daily lives to help reduce this widespread contamination of air.

Ans :

To actively contain and heavily reduce air pollution for a much cleaner environment, individuals must eagerly adopt these daily habits:

1. Individuals absolutely should change their daily mode of transportation by actively choosing to walk short, highly walkable distances. They must actively begin using healthy bicycles, shared carpools, or extremely affordable public transport instead of relying heavily on polluting private vehicles whenever possible.
2. Conscientious people must meticulously maintain the peak efficiency of their private vehicles with properly inflated tyres to guarantee maximum fuel efficiency. Additionally, actively opting for highly advanced electric vehicles could drastically reduce dangerous vehicular emissions and successfully contain toxic air pollution locally.
3. Essential energy-conserving habits must be highly encouraged and deeply inculcated from childhood. Crucial habits like consistently switching off unused electrical appliances and purposefully purchasing highly energy-efficient household products collectively go a massive, incredibly long way in significantly lowering overall toxic air pollution.
4. Responsible individuals absolutely should strongly avoid burning dry leaves, household garbage, and dangerous waste products. Instead, they should cleverly use natural compost made of dry leaves to fertilize gardens, and actively choose electric or hand-powered lawnmowers strictly over highly polluting gas-powered ones.

129. A local NGO has received funding to improve the ecological balance of a barren suburban area. They decide to initiate a massive afforestation drive but need to ensure it is done effectively.
Discuss four ways planting trees benefits the environment and the necessary steps to effectively promote this activity.

Ans :

Planting massive numbers of trees is a highly effective way to naturally clean the environment and requires careful ecological planning:

1. Abundant trees directly act as a incredibly vital obstacle to dangerous climate change by actively absorbing harmful carbon dioxide. This significantly slows down global warming while releasing pure oxygen into the atmosphere, perfectly acting as natural stormwater filters that thoroughly purify groundwater.
2. The incredibly strong, deeply entrenched roots of the lush trees hold firmly onto the loose soil. This crucial natural process plays a massive role in actively preventing devastating soil erosion and highly dangerous landslides, thereby perfectly maintaining the structural integrity of hillsides.
3. To incredibly effectively promote this vital green activity, specific natural and highly native species of robust plants must be carefully chosen and planted in a locality. This essential step guarantees that the unique, highly delicate biodiversity of that specific geographical area is fully supported.
4. Beyond simply planting, actively involving the passionate local community to meticulously take care of the fragile saplings fiercely ensures their survival. This deeply enhances profound community identity building alongside the highly crucial, long-term natural protection of the beautiful, thriving local green tree cover.

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130. Harish earns enough to feed his family, yet he feels a deep sense of injustice because he believes he deserves a higher position at work, which is constantly denied to him due to his caste background.
Explain the four distinct psychological and social concepts underlying Harish's situation regarding poverty, deprivation, and social disadvantage.

Ans :

Harish's difficult situation perfectly illustrates the highly complex psychological and rigid structural barriers that severely marginalized individuals face constantly:

1. While absolute poverty strictly refers to a devastating lack of basic financial resources, Harish is painfully experiencing a very strong sense of deep deprivation. This is the intensely bitter subjective feeling that

135. Five years after a massive earthquake destroyed her village, Meera continues to struggle with severe sadness. She constantly questions what she could have done differently to save her neighbours from the collapsing structures.

(i) Identify the specific psychological condition Meera is suffering from.

(ii) Explain three immediate and short-term psychological effects that victims like Meera might have experienced right after the disaster.

Ans :

(i) Meera is suffering from "survivor's guilt," a painful condition often associated with PTSD where survivors carry immense remorse for not doing enough to help others.

(ii) Immediately and shortly after a severe natural disaster, victims typically experience the following psychological and cognitive effects:

1. The victims undergo profound disorientation and denial. The catastrophic event is usually so sudden that survivors fail to comprehend its full impact, often completely denying the enormity of the hazardous situation they are currently trapped in to protect their fragile psyche.
2. They display severe cognitive reactions resulting directly from the trauma. Survivors find themselves unable to concentrate, lacking sustained attention, and constantly worrying. They frequently forget important daily information while simultaneously maintaining vivid, inescapable, and distressful memories of the terrifying traumatic experience itself.
3. In the short term, survivors face intense psychological distress stemming from the immense destruction. This manifests as overwhelming fear, severe anxiety, deep grief, shock, and enduring trauma as they painfully process the harsh reality of becoming homeless and losing their familiar livelihoods entirely.

136. The Sharma family recently relocated to a tiny, densely populated neighbourhood in a metropolis. Since the move, the father has become increasingly aggressive and irritable at home, while the young daughter gives up on her homework easily and argues frequently with her parents.

(i) Explain two ways this environmental condition has impacted the daughter's behaviour.

(ii) Explain two ways this condition has psychologically affected the father.

Ans :

(i) The high-density living arrangement has caused crowding stress, impacting the daughter as follows:

1. She exhibits negative academic effects by showing lesser persistence in studies. When faced with obstacles, she gives up much more easily rather than solving the problem, directly leading to an overall decline in her academic performance and learning capacity.
2. The restricted space significantly reduces family support, leading to heightened interpersonal tension. Consequently, she gets into more conflicts with her parents, reflecting emotional instability and the lack of adequate personal space required for healthy child development.

(ii) The persistent feeling of crowding affects the father's psychological state through:

1. He experiences severe mental discomfort, making him increasingly anxious and depressed. Lacking privacy at home magnifies the unpleasantness of his negative experiences, which steadily deteriorates his overall emotional well-being and greatly heightens his daily psychological distress.
2. He demonstrates increased aggression, a common response when deprived of personal space. This crowding-induced stress changes brain neurochemistry, prompting dominating behaviours, heightened irritability, and frequent angry outbursts directed at his family members within the confined household.

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137. During a severe thunderstorm, an affluent businessman views the heavy rain from his high-rise balcony as a beautiful, calming experience. Meanwhile, a daily-wage labourer living in a nearby makeshift shelter views the same rain with extreme anxiety and fear.

(i) Explain how personal experience influences their differing perceptions.

(ii) Explain how their socio-economic

overly negative thoughts about themselves and others. Such thoughts are overwhelmingly full of fear, intense guilt, deep anger, and self-blame, often accompanied by a lingering feeling of immense shame regarding the traumatic event.

142. Read the conversation below and answer the questions that follow:

Rakesh: "Suresh, I have noticed you are making a lot of calculation errors in the latest reports."

Suresh: "I am sorry, sir. Ever since they shifted fifty of us into this small hall, I just cannot concentrate on any task."

Rakesh: "I understand the space is very tight, but you also seem very easily irritated with your teammates lately."

Suresh: "I cannot help it. People are constantly bumping into my chair, and I have absolutely no privacy here."

Rakesh: "I also saw you eating alone in the stairwell instead of joining the team lunch."

Suresh: "I just need some time away from everyone. The constant lack of personal space is completely exhausting."

(i) Identify the psychological feeling of discomfort Suresh is experiencing in his environment.

(ii) Explain any three effects of this condition on an individual as seen in the scenario.

Ans :

(i) Suresh is experiencing the psychological feeling of crowding.

(ii) The effects of crowding on an individual in a high-density environment include:

1. Low performance: Tasks involving cognitive processes are not performed well because the discomfort of crowding negatively affects memory, emotional stability, and focus. Consequently, individuals struggle to maintain attention and make frequent errors in tasks requiring concentration and careful mental processing.
2. Increased aggression: Some research shows a significant increase in aggression, particularly in men, when they lack adequate personal space. The constant physical intrusion and frustration in tightly packed environments lead individuals to become easily irritated, resulting in frequent conflicts and hostile behaviour towards others.
3. Social withdrawal: To cope with the overwhelming presence of too many people and the subsequent loss of control over social interactions, some individuals actively withdraw themselves. They deliberately avoid social gatherings, isolate themselves during breaks, and severely limit their regular interactions with colleagues or peers.

143. Read the conversation below and answer the questions that follow:

Mrs. Nair: "Mr. Singh, I am very worried about Raju. His parents lost their daily-wage jobs, and they are struggling for basic necessities."

Mr. Singh: "Has this financial hardship affected his academic performance?"

Mrs. Nair: "Significantly. He used to be bright, but now he cannot focus, struggles with basic verbal reasoning, and seems completely hopeless about his future."

Mr. Singh: "I also received a complaint that he got into a severe physical fight with another student yesterday."

Mrs. Nair: "Yes, he has become very hostile, lacks empathy for his classmates, and is slowly alienating himself from his usual friends."

(i) Explain the effects of his socio-economic condition on his cognitive functioning and motivation.

(ii) Explain the effects of his socio-economic condition on his social behaviour.

Ans :

(i) Poverty and deprivation significantly impact an individual's cognitive functioning and motivation in the following ways:

1. Reduced cognitive function: Constant worrying about lack of resources affects a child's attention, memory, and capacity to plan. These deprived children consistently perform worse in intellectual tasks involving classification, depth perception, and verbal reasoning due to a lack of cognitive stimulation.
2. Lowered motivation: Chronic stress hinders academic achievement, closing doors to future goals. This makes the individual feel helpless, resulting in lowered motivation to try harder. They tend to focus entirely on the present,

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this sound starts off suddenly without any prior warning, it becomes significantly more disturbing and distracting than continuous noise, constantly breaking his train of thought.

3. Prolonged exposure to such irritating noise deeply affects his emotional mood and mental health. The constant barrage of unwanted sound creates high levels of psychological stress, leaving him feeling highly irritable, emotionally drained, and extremely annoyed throughout his workday.
4. Beyond mental disruptions, Vivek will experience severe physical health issues over time. Frequent exposure to such loud environments actively increases cardiovascular problems like elevated blood pressure and a heightened heart rate, while also risking severe long-term hearing loss.

140. The village of Sitapur has faced a massive shortage of capital and opportunities. Furthermore, strict caste-based discrimination prevents many individuals from accessing essential services.
Discuss four different categories of factors that jointly contribute to the financial hardships in such communities.

Ans :

The financial conditions in Sitapur are influenced by intertwined factors that trap the community in hardship, categorized as follows:

1. Economic factors play a major role due to a shortage of capital, which prevents local entrepreneurship. This results in minimal job opportunities, massive unemployment, and constant job instability with low pay, pushing the villagers deeper into severe financial distress.
2. Social factors, particularly caste-based discrimination, actively block marginalized individuals from securing stable jobs or education. This societal barrier directly reduces their productivity and denies them access to proper health services, making it impossible to improve their socioeconomic status.
3. The community is caught in a debilitating poverty cycle. Lacking funds, individuals cannot access good education, which strictly limits their job accessibility to unskilled, low-paying labor. This cyclical trap inevitably guarantees that the next generation remains equally impoverished.
4. Environmental factors, such as poor infrastructure, further edge them toward poverty. The lack of proper roads or bridges isolates the locality, stopping people from accessing broader economic markets or essential resources that could otherwise successfully alleviate their financial struggles.

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141. Read the conversation below and answer the questions that follow:
Dr. Desai: "You mentioned that you haven't been sleeping well since the fire incident at your office."
Meera: "Yes, I keep seeing the flames and hearing the alarms every time I close my eyes. It feels like it is happening all over again."
Dr. Desai: "Are you still taking the longer route to avoid passing by that building?"
Meera: "Absolutely. I cannot go near that street, and I refuse to talk to my former colleagues about it."
Dr. Desai: "How have you been feeling about yourself lately?"
Meera: "Terrible. I feel ashamed that I survived while others were hurt, and I honestly believe I am a coward."

(i) Identify the mental condition Meera is suffering from.
(ii) Explain any three symptom groups of this condition as evident in the conversation.

Ans :

(i) Meera is suffering from Post Traumatic Stress Disorder (PTSD).
(ii) The symptom groups of PTSD experienced by an individual following a traumatic event are:

1. Intrusive memories: This refers to frightening, unwanted, and distressing memories of the trauma that repeatedly come back. The individual relives the entire terrifying experience continuously through flashbacks, distressing dreams, and severe nightmares, causing immense emotional distress.
2. Avoidance: This is the tendency of the individual to avoid getting involved in activities or staying away from specific places and people that remind them of the traumatic event. It heavily involves deliberate efforts to not think or talk about the distressing incident.
3. Negative changes in thinking and mood: These involve the individual's

these pathways are essential for mood regulation, their disruption directly contributes to the heightened emotional instability and mood-related challenges observed in the affected population.

3. The exposure establishes a direct link to an increased risk of developing clinical anxiety and depression. Furthermore, breathing such polluted air strongly correlates with a noticeable decrease in memory retention and other vital cognitive functions, significantly lowering productivity.

133. Ten-year-old Mohan lives in an impoverished neighbourhood where his family struggles daily for basic necessities. He performs poorly in school tasks like classification and verbal reasoning, showing little interest in long-term academic goals.

(i) Identify the specific mindset Mohan has developed due to his circumstances.

(ii) Discuss three ways his socio-economic condition negatively impacts his cognitive functioning and motivation.

Ans :

(i) Due to the constant stress about his future and immediate survival needs, Mohan has developed a "present-biased mindset," focusing only on the here and now.

(ii) The harsh socioeconomic conditions of poverty affect cognitive functioning and academic motivation in the following ways:

1. Constant worrying about the lack of basic resources and unstable conditions at home drastically affects the child's daily attention span, memory retention, and overall capacity to plan ahead. This chronic anxiety diverts mental energy away from educational development and future goal setting.
2. Children from highly deprived backgrounds often lack essential cognitive stimulation, such as educational books or interactive games, which financially stable families easily provide. This severe environmental deprivation results in noticeably worse performance in complex intellectual tasks, including time and depth perception.
3. The chronic stress leading to lowered cognitive ability severely hinders academic achievement, closing the doors to higher education. This makes the individual feel helpless, resulting in a lowered motivation to try harder, pushing them to seek immediate incentives rather than long-term rewards.

134. Anita and Sunita are attending a crucial, heavily crowded interview drive for a single job opening. While Anita feels suffocated, lacks personal space, and becomes highly stressed, Sunita remains calm, viewing the intense situation as an exciting challenge.

(i) Identify the specific ability that helps Sunita handle the situation effectively.

(ii) Explain three features that characterize Anita's psychological experience of her environment.

Ans :

(i) Sunita is exhibiting high "competition tolerance," which is the ability to accept a situation as a competition and perform effectively without showing negative emotional reactions.

(ii) Anita is experiencing the psychological feeling of crowding, which is characterized by the following stressful features:

1. She experiences a strong feeling of discomfort and an intensely unpleasant sensation regarding the adjoining space. This occurs because her negative perception of the high-density environment makes her feel physically and emotionally constrained by the overwhelming presence of too many unfamiliar people.
2. The situation causes a severe lack of privacy, leaving her feeling exposed and highly vulnerable. Without the necessary cultural background or prior conditioning that builds crowding tolerance, the sheer lack of personal space in the hall rapidly heightens her psychological distress and anxiety.
3. Anita suffers from a pervasive feeling of losing control over her immediate social interactions. This perceived loss of control directly results in significantly increased stress, which negatively affects her emotional stability and cognitive processes, ultimately lowering her performance in the competitive interview.

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opting for immediate rewards over long-term future goals.

(ii) The harsh realities of poverty lead to considerable negative effects on a child's social behaviour:

1. Heightened aggression: The constant stress and developmental constraints associated with living in poverty directly lead to heightened feelings of aggression and lesser empathy. Consequently, there is a marked increase in conflicts, physical fights, and hostile interactions among these disadvantaged children.
2. Social withdrawal and antisocial activities: Along with heightened aggression, children from poor households frequently exhibit social withdrawal. Furthermore, their constant need for money and security can push them towards antisocial activities and local criminals who exploit their highly vulnerable situation.

144. Read the conversation below and answer the questions that follow:

Dr. Ali: "Please sit down. You were rescued from the flash floods early this morning."

Ramesh: "I don't understand what is happening. Where is my house? Why am I in this tent?"

Dr. Ali: "Your village was flooded. I need to check your vitals; your heart is beating dangerously fast."

Ramesh: "I can't concentrate on anything you are saying. I haven't slept, and my head is spinning with worry."

Dr. Ali: "We will give you some medicine. Also, do not drink the tap water here; the flood has brought dangerous bacteria."

Ramesh: "I just want to go to the main hospital, but they said the roads and clinics are completely washed away."

With reference to the dialogue, describe four immediate effects of such an event on an individual.

Ans :

Natural disasters have severe, overwhelming consequences. The immediate effects on victims include:

1. Disorientation and denial: The catastrophic event is typically so sudden that victims experience extreme confusion and disorientation. They frequently fail to understand the full impact of the event and may go into a state of denying the enormous reality of their current situation.
2. Physical and cognitive reactions: Victims frequently display severe physical symptoms like sleep deprivation, extreme fatigue, and increased heartbeat. Cognitively, they struggle with a lack of attention, cannot concentrate, constantly worry, and forget important information while vividly remembering the core traumatic experience.
3. Exposure to dangerous conditions: Natural disasters inherently bring hazardous side effects that compound the victims' suffering. These dangerous conditions include severe contamination of drinking water, exposure to various pathogenic bacteria and viruses, and extreme weather conditions that severely worsen their situation.
4. Access to services stopped: A highly significant immediate effect is the severe hindrance of vital services like healthcare and sanitation. Damaged infrastructure prevents survivors from receiving necessary medical treatment, while ruined sanitation systems drastically increase the immediate risk of contracting widespread infectious diseases.

145. Read the conversation below and answer the questions that follow:

Neha: "The smog in our neighbourhood is getting thicker every day. Both my children are suffering from severe asthma."

Priya: "It is terrible. The vehicular exhaust and the burning of dry leaves in the park are making it impossible to breathe."

Neha: "I feel so helpless. What can we possibly do as regular citizens to clean up this toxic air?"

Priya: "Well, we can start by stopping the gardeners from burning those leaves and maybe change how we commute to the office."

Neha: "You are right. If we all make small changes at home and on the road, it might collectively make a difference."

Based on the dialogue, discuss four steps individuals can take in their daily lives to reduce the environmental issue discussed.

Ans :

Individuals can actively contain and reduce air pollution for a cleaner environment by taking the following steps:

1. Changing transportation methods: Individuals can significantly alter how

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disrupts their daily memory functions, and entirely ruins their fundamental capacity to plan ahead for future life events.

2. Children from deprived backgrounds heavily lack essential cognitive stimulation, such as educational books or intellectual games, which directly causes them to perform significantly worse in crucial intellectual tasks like classification, complex verbal reasoning, and accurate time and depth perception skills.
3. The chronic stress and lack of stimulation translate into significantly lower academic scores, which permanently hinders their overall academic achievement, tragically closing the doors to higher education and ensuring they remain trapped within the debilitating cycle of generational poverty forever.
4. Experiencing chronic failure and closed opportunities makes the individual feel incredibly helpless, resulting in deeply lowered motivation to try harder for a longer time, causing them to focus entirely on immediate incentives instead of working toward long-term future life goals.

159. Examine the following interaction and answer the questions:

Dr. Sharma: "Since you moved your office next to the busy industrial site, how have you been feeling?"

Mr. Gupta: "I am constantly stressed and finding it very hard to focus. The loud, unpredictable sounds of the machinery going off suddenly without any warning are making me irritable and ruining my work efficiency."

(i) Identify the specific environmental pollutant affecting Mr. Gupta's work.

(ii) According to the text, why is the specific type of sound described by Mr. Gupta considered highly disturbing?

(iii) Explain five steps that can be taken at various levels to reduce this type of pollution and its effects.

Ans :

(i) The environmental pollutant affecting Mr. Gupta is noise pollution, which refers to unpleasant, annoying, and irritating sound.

(ii) Intermittent noise, which starts suddenly without warning, is far more disturbing than continuous noise because people cannot easily get used to it.

(iii) Managing and reducing unwanted sound requires systematic interventions at both large-scale and personal levels. The necessary steps include:

1. Industrial machines should be thoroughly maintained to ensure they emit significantly lesser noise during their operational hours, or the management must systematically replace the older, highly disruptive equipment with modern machines specifically designed to operate with minimal sound generation output.
2. Facilities housing heavy machinery must invest in extensive soundproofing for the affected areas, installing specialised acoustic barriers and insulated walls that effectively block the transmission of intense industrial sounds, thereby dramatically reducing the overall pollution escaping into the surrounding environment.
3. City planners should ensure that areas prone to generating immense noise, such as airports, massive industrial zones, and busy railway stations, are deliberately planned and constructed far away from residential areas to protect citizens from constant daily auditory disturbances.
4. Authorities must construct better, technologically improved roads featuring specialised low-friction surfaces that directly help to drastically minimise the irritating sounds produced by heavy traffic, thereby providing a much quieter and completely peaceful environment for all the nearby urban neighbourhood residents.
5. At a strictly personal level, individuals exposed to severe auditory disturbances must take immediate proactive measures to protect their hearing by regularly wearing highly effective earmuffs, deeply fitted earplugs, or high-quality noise-cancelling headphones while working in such overwhelmingly loud environments.

160. Read the conversation below and answer the questions that follow:

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cognitive processes, leading to low performance in tasks. Her memory retention and emotional stability will be negatively affected, making routine academic or personal activities much more challenging to complete successfully.

3. To cope with the overwhelming discomfort and lack of personal space, she might exhibit behavioral changes such as social withdrawal, where she actively isolates herself from interactions, or she may develop heightened aggression and get into conflicts with her family members.

148. "The mind sometimes refuses to leave behind the terrors of the past, making the present a continuous battle." — Clara Barton
After surviving a catastrophic train derailment, Sameer experiences recurring nightmares and completely avoids traveling by any public transport.
(i) Discuss two reasons why individuals like Sameer might be more vulnerable to developing this condition compared to other survivors.
(ii) Explain two symptom categories Sameer is exhibiting based on the scenario.

Ans :

(i) Individuals are vulnerable to developing this condition due to the following factors:
1. There is a strong genetic correlation to a family history of anxiety disorders and depression, meaning an individual's biological makeup can make them significantly more susceptible to developing severe psychological distress after surviving a terrifying and life-threatening event.
2. The individual might have an innate temperament leaning towards trauma, a history of continuous extreme stress, or an irregular regulation of chemicals and hormones in the body by the brain that drastically increases their vulnerability to this disorder.

(ii) Based on the scenario, Sameer is exhibiting these two symptom categories:
1. Intrusive memories are evident as he experiences recurring, distressing nightmares about the derailment. He is constantly reliving the frightening trauma against his will, acting as a disruptive flashback that severely impacts his daily mental peace and emotional stability.
2. Avoidance is clearly demonstrated by his active refusal to travel by public transport. He is deliberately staying away from places and activities that serve as a reminder of the traumatic incident to prevent triggering severe and uncontrollable anxiety.

149. "Silence is a luxury in the modern world, where the constant hum of progress slowly chips away at our mental peace." — David R.
A factory was recently built next to a residential school, subjecting the students to constant, unpredictable loud sounds. Discuss four ways this environmental factor can psychologically and behaviorally impact the students.

Ans :

Constant exposure to loud, unpredictable noise can deeply impact the students in the following ways:

1. Prolonged loud sounds severely reduce concentration levels, which directly hampers the students' ability to study effectively. This constant distraction prevents them from performing well in academic tasks that require sustained cognitive effort and mental focus during school hours.
2. Intermittent noise that starts suddenly without warning is significantly more disturbing than continuous noise. Because it is unpredictable, students cannot simply get used to it, causing frequent disruptions to their thought processes and derailing their train of thought.
3. The annoying and irritating nature of this unpleasant sound negatively affects the overall mood of the students. Over time, this constant auditory disruption significantly increases their stress levels and makes them highly irritable in their daily social interactions.
4. Constant exposure to loud noise can lead to poor quality of life and physical health deterioration, such as loss of hearing. This physical toll further diminishes their psychological well-being and reduces their overall performance and motivation in school.

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Ans :

(i) The community can manage non-biodegradable consumer goods by effectively utilizing the widely recommended 3Rs framework:
   1. To truly reduce accumulated waste, individuals must strictly avoid using disposable items like plastic bags and straws. Instead, they should reliably opt for reusable goods made of steel or cloth, and properly plan daily meals to entirely avoid wasting food wrapped in commercial plastics.
   2. Reusing everyday products involves creatively utilizing older items for entirely different purposes instead of simply discarding them. For example, individuals can continuously use glass containers for kitchen storage, turn old ceramic mugs into plant pots, or completely restyle old clothes for prolonged daily wearing.
   3. When manufactured goods genuinely cannot be reduced or reused, they absolutely must be recycled. Products should be properly segregated into specific material categories like plastic, glass, and metal for highly efficient processing, while dangerous electronic wastes are disposed of strictly at officially designated recycling places.

(ii) Proper garbage management entails a systematic and highly structured process to prevent environmental degradation:
   1. Garbage generated inside residential households must first be safely stored in covered wastebins. It is critically important that this daily waste is carefully segregated into different specific groups, such as wet waste like organic food scraps, and dry waste like paper and household plastics.
   2. Proper primary segregation makes the entire municipal disposal process significantly more efficient. The safely stored household garbage is then routinely collected and properly transported by designated municipal workers or specialised treatment centres to ensure the untreated waste does not dangerously pollute the local neighborhood.
   3. After successful bulk transportation to the treatment centres, the collected waste is thoroughly processed. Depending on its specific chemical nature, this segregated waste is then either successfully recycled, purposefully used for making agricultural compost, deposited safely into secured landfills, or completely incinerated into ash.
   4. It is exceptionally crucial that hazardous industrial waste and infectious hospital waste are handled very carefully by trained professionals. If mismanaged, these specific dangerous materials can severely pollute the surrounding soils and ultimately end up harming the natural environment and broader public health significantly.

154. A serene coastal village was recently completely destroyed by a massive tsunami. External aid teams have arrived to rescue the local population, who are currently overwhelmed by the sheer catastrophic scale of infrastructural and personal loss.
   (i) State the exact psychological term used to describe such overwhelming catastrophic events not caused by human hands.
   (ii) Identify the specific short-term consequence where traumatized victims completely lose their original properties and essential means of earning, forcing them to relocate.
   (iii) Describe five immediate effects of such a catastrophic event on the surviving individuals.

Ans :

(i) A natural disaster is defined as an overwhelming catastrophic event caused by purely natural forces that severely damages critical infrastructure, property, and countless lives in such massive proportions that affected populations require immediate external humanitarian assistance to effectively cope with it.

(ii) Becoming homeless is the devastating short-term consequence where individuals unexpectedly lose their properties and livelihoods, forcing them to desperately relocate to completely unfamiliar cities, often ending up doing menial labour and living terribly difficult lives on open pavements while hopelessly searching for work.

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5. Such individuals develop a present-biased mindset, heavily focusing on the here and now. This directly results in making exceptionally poor life choices, including severe substance abuse and engaging in high-risk behaviours like early sexual activity and varied criminal activities.
6. The harsh environment heavily exposes these individuals to trauma like regular violence and family turmoil. Dealing with this chronic stress severely affects their mental health, making them extremely susceptible to depression, anxiety disorders, and traumatic stress disorders over their lifetime.

152. A large family recently relocated from a quiet village to a highly populated, densely packed urban neighborhood. While some members of the family treat this busy, competitive environment as an exciting challenge, others feel extremely suffocated and exhibit signs of psychological distress.

(i) Differentiate between the two types of environmental tolerances exhibited by the different members of this family.

(ii) Explain five negative psychological and physical effects that the suffocating environment might have on the distressed family members.

Ans :

(i) Crowding tolerance refers to an individual's unique biological and cultural ability to comfortably cope with highly populated environments lacking personal space, while competition tolerance is their distinct ability to accept and successfully perform in highly competitive, resource-scarce situations without experiencing severe emotional breakdowns.

(ii) Navigating highly populated, densely packed spaces regularly has profound negative impacts on human behaviour:

1. The intense feeling of a severe lack of personal control due to excessive gathering of people directly results in significantly increased psychological stress levels in individuals, drastically affecting their daily functioning, emotional stability, and overall mental well-being over time.
2. Tasks strongly involving complex cognitive processes are not performed well because high-density environments heavily impair overall concentration. It negatively affects both memory retention and emotional stability, resulting in consistently low performance across various demanding academic pursuits and highly professional workplace responsibilities.
3. Vulnerable children growing up in severely packed households frequently demonstrate significantly poorer academic performance. They tend to exhibit much lesser persistence, readily giving up when facing difficult obstacles, while experiencing significantly more frequent conflicts with their parents and receiving considerably lesser family support.
4. Experiencing continuous physical discomfort due to restricted spaces, especially at home, eventually makes individuals extremely anxious and profoundly depressed. This difficult situation greatly heightens the unpleasantness of entirely negative experiences, profoundly deteriorating their overall mental health and severely reducing their general quality of life.
5. Frequent exposure to densely populated spaces profoundly damages human physical health over time. Medical research has clearly shown it to drastically increase cardiovascular blood pressure, severely weaken essential immune system responses, and entirely disrupt natural sleep patterns, significantly affecting the individual's overall holistic wellbeing.

153. The residents of a housing society have noticed a rapid accumulation of non-biodegradable waste in their surroundings, which is emitting foul smells and causing health hazards. They have decided to launch a community initiative to properly manage this waste.

(i) Explain the framework of the 3Rs that the community can use to manage non-biodegradable consumer goods.

(ii) Describe four essential steps involved in the formal process of proper garbage management.

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traumatic reminders. This debilitating symptom also involves making intense, deliberate mental efforts to never think or talk about it.

3. Negative changes in thinking and mood profoundly alter the individual's thoughts about themselves and others. These intrusive thoughts become deeply negative, completely full of irrational fear, intense anger, and profound shame, heavily causing the struggling victim to falsely blame themselves for the catastrophic trauma.
4. Changed physical and emotional reactions entail the individual's severe trouble in properly sleeping or cognitively concentrating. The person becomes extremely hypervigilant, completely loses control over sudden angry outbursts, gets easily startled, heavily sweats, and experiences remarkably rapid heartbeats and severe trembling during completely normal situations.

156. Study the exchange given below and respond to the questions:

Rahul: "I hate taking the local train during peak hours. Even though my friends are with me, being surrounded by strangers pushing and shoving makes me feel very restless and claustrophobic."

Anita: "I understand. Living in such a densely populated area and commuting like this daily really takes a toll on a person's well-being."

(i) Based on the conversation, identify the psychological concept that explains Rahul's discomfort in the presence of many people.

(ii) Describe any six effects this phenomenon can have on an individual.

Ans :

(i) The psychological concept is crowding, which refers to the feeling of discomfort one feels in the presence of a group of people.

(ii) Frequent exposure to crowding can have several negative consequences on an individual's psychological and physical well-being. The various effects include:

1. The feeling of a lack of control due to being in an uncomfortably dense environment results in significantly increased psychological stress, making it highly difficult for the affected individual to relax and maintain emotional stability during their daily routines.
2. Crowding negatively affects an individual's memory and emotional stability, which directly leads to low performance in tasks involving complex cognitive processes, meaning they struggle to concentrate and fail to execute their work efficiently when surrounded by too many people.
3. The discomfort generated by crowding at home ends up making people anxious and depressed, severely heightening the unpleasantness of negative experiences and ultimately leading to a decline in their overall mental health and general psychological well-being over a long period.
4. Some research indicates an increase in aggression, particularly in men, as they feel a severe lack of personal space, leading to heightened irritability, frustration, and a higher likelihood of engaging in conflicts or displaying dominating behaviours toward other individuals.
5. To cope with the overwhelming nature of high-density environments, some individuals resort to social withdrawal, deliberately isolating themselves from others and avoiding social interactions to regain a sense of personal space and reduce the intense pressure they constantly feel.
6. Frequent exposure to crowding has been shown to adversely affect physical health by increasing blood pressure, significantly weakening the body's immunity against diseases, and disrupting natural sleep patterns, thereby taking a heavy toll on the overall well-being of a person.

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157. Analyse the dialogue and answer:

Ramesh: "Ever since the river overflowed and destroyed our village, everything has been chaotic. The water swept away houses in minutes."

Suresh: "People are still trying to understand what happened. We have lost everything, and the rescue teams haven't been able to reach us yet."

(i) Identify and briefly describe the type of event the village experienced.

(ii) Explain five immediate effects such an event might have on the affected individuals.

(iii) These catastrophic events invariably trigger several severe immediate reactions within the surviving victims:

1. The immediate psychological reaction of victims experiencing such events is profound confusion and extreme disorientation. The catastrophic event occurs so suddenly that victims completely fail to understand the full impact, often actively denying the sheer enormity of their terrifying situation to cope with reality.
2. Victims frequently display severe physical and cognitive reactions shortly after the event. Physically, they experience remarkably increased heartbeats and extreme fatigue, while cognitively, they completely lack attention, cannot concentrate, constantly worry, and forget important information while vividly remembering the specific traumatic visual experience continuously.
3. These events unfortunately create countless victims who end up suffering from major physical trauma. These catastrophes cause minor bruises, severe major injuries like broken bones, completely severed body parts, traumatic brain injuries, and tragically, the sudden death of many individuals trapped in the wreckage.
4. Disasters quickly expose all surviving victims to highly dangerous environmental conditions. These strictly hazardous side effects actively include the severe contamination of drinking water, exposure to completely different pathogenic bacteria and viruses, and having to endure extremely harsh weather, compounding their existing daily struggles.
5. Perhaps one of the most significant devastating effects is the immediate hindrance of essential public services. Crucial facilities like health care and sanitation systems are completely destroyed, actively denying survivors any urgent medical treatment and drastically increasing widespread disease risks among the vulnerable surviving population.

155. Rahul narrowly survived a horrifying fire accident at his workplace last year. Even though he is physically healed, he still experiences terrifying nightmares, refuses to go near the rebuilt office building, and isolates himself completely from his former colleagues.

(i) Name the specific mental condition Rahul is most likely suffering from due to his prolonged impaired daily functioning.

(ii) Briefly state the combination of factors that make certain individuals more vulnerable to developing this specific condition than others.

(iii) Explain the four distinctly different groups of symptoms associated with this mental condition.

Ans :

(i) The debilitating psychological condition that Rahul is highly likely suffering from is known as Post Traumatic Stress Disorder (PTSD), which is a serious mental condition affecting individuals who have previously survived overwhelmingly terrifying or completely life-threatening events like severe accidents or active war zones.

(ii) Healthcare professionals believe vulnerability to this severe disorder arises from a complex combination of enduring lifelong psychological stress, a negative genetic family history of serious anxiety and depression, highly specific personal temperament traits, and distinctly altered biological chemical and hormonal regulations within the human brain.

(iii) The defining clinical symptoms of this condition are categorized into four highly distinct diagnostic groups:

1. Intrusive memories refer to severely frightening, entirely unwanted recollections of the specific trauma that return repeatedly. The individual tragically relives the whole agonizing experience over and over again, suffering from highly distressing psychological nightmares and extremely painful physical reactions to any situational environmental reminders.
2. Avoidance is the remarkably strong tendency of the traumatized individual to completely stay away from specific physical places, routine activities, and familiar people who directly serve as

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they travel by choosing to walk walkable distances. Consciously utilizing bicycles, participating in carpools, and opting for public transport instead of relying solely on private fuel-powered vehicles drastically reduces daily harmful vehicular emissions.

2. Maintaining vehicle efficiency: It is crucial to maintain the efficiency of private vehicles by ensuring tyres are properly inflated, making them fuel-efficient. Additionally, whenever financially possible, opting to purchase electric vehicles can directly eliminate exhaust emissions and heavily contain urban air pollution.
3. Conserving energy and altering habits: Inculcating energy conservation habits, such as switching off unused appliances and purchasing energy-efficient products, collectively reduces pollution. Moreover, giving up harmful personal habits like cigarette smoking actively protects both the individual's health and the surrounding air quality.
4. Managing waste and planting trees: Choosing eco-friendly products and completely avoiding the burning of dry leaves or garbage helps tremendously. Utilizing compost made from dry leaves and actively planting trees cools the environment while effectively cleaning the air by absorbing excess carbon dioxide.

146. "The cycle of disadvantage is not just a lack of resources, but a shadow on the mind's potential." — Anonymous

Identify the psychological concept that explains the unavailability of resources for a group due to societal structure. Explain how this condition affects the cognitive functioning and motivation of children like Rohan, who comes from a financially struggling family.

(i) Identify the concept.
(ii) Explain three cognitive and motivational effects.

Ans :

(i) The psychological concept identified in this scenario is social disadvantage, which limits resource accessibility.
(ii) Poverty and social disadvantage severely impact a child's cognitive functioning and motivational levels in the following ways:
   1. Constant worrying about the lack of basic resources and highly stressful household conditions significantly hampers the child's attention span, memory retention, and overall capacity to plan ahead, resulting in severely reduced cognitive functioning and an inability to focus effectively on daily academic routines.
   2. Children from financially struggling families often lack adequate cognitive stimulation typically provided by financially stable environments, such as educational books or interactive games, causing them to perform considerably worse in complex intellectual tasks involving classification, verbal reasoning, time, and precise depth perception.
   3. The chronic stress associated with poverty directly lowers cognitive abilities and hinders academic achievement, which ultimately makes the individual feel deeply helpless, drastically lowering their motivation to try harder, and forcing them to adopt a present-biased mindset focused entirely on immediate rewards.

147. "Space is not just physical; it is a psychological necessity for the human mind to function properly." — Julian Ford

Ananya recently moved from a spacious rural house to a densely packed urban apartment with a large extended family, making her feel constantly overwhelmed and lacking privacy. Identify the specific psychological feeling Ananya is experiencing. Explain three negative effects this situation can have on her.

(i) Identify the psychological feeling.
(ii) Explain three negative effects.

Ans :

(i) The specific psychological feeling Ananya is experiencing in this scenario is crowding.
(ii) This sudden shift to a high-density environment can negatively impact her in the following ways:
   1. The intense feeling of a lack of control over her physical space and the constant discomfort due to a loss of privacy can result in significantly increased psychological stress, making it extremely difficult for her to relax or function normally at home.
   2. Constant exposure to this overwhelming environment can severely hamper her

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Ans :

(i) The village experienced a natural disaster. This is a catastrophic event like a flood or earthquake causing massive damage to infrastructure, property, and lives. Such events occur without human negligence.

(ii) The sudden and catastrophic nature of natural disasters results in severe immediate consequences for the survivors. These immediate effects include:

1. Victims often experience intense disorientation and denial, as the whole event is incredibly sudden, preventing them from understanding its full impact, causing them to completely deny the vast enormity and terrifying reality of the traumatic situation they are currently facing.
2. Individuals suffer frequent physical and cognitive reactions, such as an inability to sleep, elevated heartbeat, constant worry, lack of attention, and extreme fatigue even without physical activity, while vividly remembering the terrifying details of the catastrophic event they just endured.
3. Many victims end up suffering from severe physical consequences, including minor injuries, major traumas like broken bones, severed body parts, or severe brain injuries, and in many unfortunate cases, victims also lose their lives directly due to the massive disaster.
4. The event brings exposure to dangerous conditions and hazardous side effects, such as extreme heat or cold, water contamination, and various pathogenic bacteria, which rapidly multiply and add severe complications to the immense problems the survivors are already battling daily.
5. Access to essential services is immediately stopped, severely hindering health care and sanitation facilities, which leaves survivors completely without medical treatment, dramatically increasing the risk of widespread disease outbreaks and further worsening their already vulnerable and desperate living conditions.

158. Based on the scenario below, respond to the following:

A non-governmental organisation (NGO) is working in a heavily deprived urban area where most residents struggle daily for basic necessities. The volunteers noticed that the local youth frequently get into fights, avoid community gatherings, and struggle significantly to concentrate on the vocational training tasks provided to them.

(i) Based on the chapter, explain three ways in which such deprived conditions influence the social behaviour of these individuals.

(ii) Explain four ways in which this lack of resources negatively impacts their cognitive functioning and motivation.

Ans :

(i) Poverty significantly impacts the social interactions of individuals within their groups and society. The main effects on social behaviour include:

1. The constant developmental constraints and daily stress lead to heightened feelings of aggression and lesser empathy among individuals, which frequently results in more physical fights, intense conflicts, and a highly hostile environment among children growing up in these severely deprived neighbourhoods.
2. Individuals facing severe deprivation often cope through complete social withdrawal, avoiding interactions with others in their community, and children from such households frequently end up isolating themselves because they feel deeply alienated and entirely unsupported by their harsh surrounding environment.
3. The constant need for money and security pushes vulnerable young members toward antisocial activities, making them easily targeted by criminals in the poor neighbourhood who recruit them for illegal work, thereby deeply entrenching them in a dangerous cycle of crime.

(ii) The immense stress associated with severe financial lack directly deteriorates cognitive abilities and future outlooks. These impacts manifest in the following ways:

1. The constant worrying about the severe lack of resources, tough home conditions, and unpredictable future directly impairs the individual's attention span, heavily

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150. "We are treating our planet like a disposable commodity, forgetting that it is the only home we have." — Ellen MacArthur
The local municipality has noticed a severe increase in plastic and styrofoam accumulation in residential areas. Describe four practical measures based on the 3Rs framework and garbage management that the community can adopt to tackle this accumulation.

Ans :

To manage nonbiodegradable waste effectively, the community can adopt the following practical measures:

1. To reduce waste, residents must consciously avoid using disposable plastic bags, styrofoam, and straws. Instead, they should utilize reusable goods made of sustainable materials like steel, glass, or cloth bags, preventing the initial generation of hazardous polluting substances.
2. To reuse items, the community can repurpose existing nonbiodegradable products rather than discarding them. For example, using glass jars for household storage, converting old mugs into plant holders, and repairing broken plastic items instead of buying brand new ones.
3. To recycle properly, residents must segregate their used products into specific categories like plastic, glass, and metal. This ensures that these materials are processed efficiently at recycling centers rather than ending up accumulating harmfully in local residential areas.
4. For effective garbage management, household waste must be properly collected and segregated into wet waste, dry waste, and hazardous waste. Storing garbage in designated bins allows municipal workers to transport and treat the waste properly through recycling or safe landfills.

EIGHT MARKS QUESTIONS

151. Amit comes from a family that struggles daily to secure basic necessities like food and clean water. Because of this, he studies in a highly unstructured environment, often worrying about his family's survival. Over time, his teachers notice a severe decline in his academic performance and social interactions.

(i) Identify the exact term used to describe the unavailability of resources and opportunities for a group due to the structure of society.

(ii) Discuss how the given situation negatively affects the cognitive functioning, motivation, and personality of an individual like Amit.

Ans :

(i) Social disadvantage is the total unavailability of critical resources and essential opportunities for a specific group of people due to structural societal barriers like severe poverty, extremely low income, or lack of education, rather than their own individual capabilities.

(ii) Extreme financial hardship strongly impacts a person's overall psychological and mental development:

1. Cognitive functioning in children is severely hampered as constant worrying about basic resources negatively affects their attention, memory, and capacity to plan ahead, leading to much worse performance in intellectual tasks like classification, verbal reasoning, time perception, and depth perception.
2. Children from deprived families often lack cognitive stimulation, as they do not receive educational materials like books or games, which naturally translates into lower academic scores, ultimately closing the doors to higher education and making future goals completely unattainable.
3. Chronic stress leads to lowered cognitive ability, which makes the socially disadvantaged individual feel extremely helpless. This results in lowered motivation to try harder for a longer time, causing them to focus purely on immediate incentives rather than future rewards.
4. An individual constantly fending for basic needs while feeling utterly deprived naturally develops a remarkably low self-esteem. They lack self-confidence, tend to become deeply introverted and hopeless, and constantly worry about present survival rather than focusing on any long-term objectives.

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Sarah: "It's been a year since the terrifying fire at the factory, but John still refuses to talk about it or go near that part of town."
David: "Yes, and he is always hypervigilant, gets startled by the smallest sounds, and says he keeps reliving the horrific event in his dreams."
(i) Identify the specific mental condition John is likely suffering from.
(ii) Describe the specific avoidance symptoms that John is exhibiting.
(iii) Explain four factors that make an individual more vulnerable to developing this condition.

Ans :

(i) John is likely suffering from Post Traumatic Stress Disorder (PTSD), a mental condition occurring after a severe trauma.
(ii) Avoidance involves staying away from specific places or people. It includes avoiding activities related to the trauma. The individual also refuses to think or talk about the traumatic incident.
(iii) Health care professionals suggest that a combination of several specific factors can make an individual highly vulnerable to developing this severe psychological condition. These include:
1. Individuals who have tragically endured a massive amount of intense stress throughout their entire lives, and subsequently go through another extremely stressful or life-threatening traumatic experience, heavily tend to develop this severe mental disorder due to an already overloaded psychological state.
2. The disorder displays a very strong correlation with a documented family history of debilitating anxiety disorders and chronic clinical depression, strongly indicating that the underlying vulnerability could stem from deeply embedded genetic causes inherited directly from the individual's biological parents.
3. The fundamental natural temperament of certain individuals inherently steers them toward heightened psychological vulnerability, meaning their unique innate emotional reactivity and deeply ingrained personality traits make them significantly less capable of processing severe trauma, ultimately leading directly to this distressing condition.
4. The specific internal regulation of vital brain chemicals and stress hormones flowing throughout the body can physically predispose an individual, making their nervous system highly susceptible to breaking down completely when suddenly exposed to a severely terrifying and traumatic environmental event.

161. Examine the following illustration of a daily commute and respond to the questions:

Based on the visual cues of discomfort provided in the image:
(i) Identify the psychological concept that refers to the feeling of discomfort one feels in the presence of a group of people.
(ii) Describe any six effects of such an environment on an individual.

Ans :

(i) The psychological concept depicted in the image is crowding.
(ii) The effects of experiencing such a high-density environment on an individual include:
1. The constant feeling of a severe lack of control due to excessive crowding directly results in significantly increased psychological stress among individuals, severely impacting their well-being.
2. Tasks involving complex cognitive processes are poorly executed, as the discomfort of crowding negatively affects an individual's memory capacity, focus, and overall emotional stability.

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3. Children growing up in such heavily crowded households tend to show lesser academic persistence, give up on tasks easily, and face frequent conflicts with their parents.
4. The immense discomfort caused by crowding often makes individuals highly anxious and depressed, thereby significantly heightening the unpleasantness associated with their daily negative life experiences.
5. Individuals, particularly men, frequently show a marked increase in physical and verbal aggression because they feel their personal physical space is being continuously violated.
6. Frequent exposure to such highly crowded environments increases blood pressure, weakens the body's natural immunity, and severely disrupts healthy sleep patterns, affecting overall physical health.

162. Analyse the visual narrative given below and answer the questions that follow:

Based on the disparity shown in the illustration:
(i) Explain how the condition depicted on the left side of the image affects the cognitive functioning of a child.
(ii) Discuss any five effects of this condition on the personality, mental health, and social behaviour of an individual.

Ans :

(i) The constant worrying about lacking resources severely reduces cognitive functioning, attention, and memory. These deprived children lack adequate cognitive stimulation, causing them to perform poorly in intellectual tasks like verbal reasoning and time perception compared to affluent peers.

(ii) The condition of poverty and deprivation deeply impacts an individual in the following ways:
1. Individuals constantly fending for their most basic survival needs naturally develop very low self-esteem, lacking essential self-confidence, and tend to become highly introverted and completely hopelessness.
2. The constant stress about their future forces them to adopt a present-biased mindset, heavily focusing on immediate incentives rather than long-term goals or future health implications.
3. Such individuals frequently develop severe depression and chronic anxiety disorders because they are forced to deal with unrelenting life stressors and a completely unsecured living environment.
4. Constant developmental constraints and ongoing stress lead to heightened feelings of aggression and a severe lack of empathy, causing frequent fights and subsequent social withdrawal.
5. Financial instability massively increases severe family conflicts among adults, directly leading to divorce, negligent parenting, and horrific instances of child abuse due to an inability to cope.

163. Study the clinical storyboard given below and respond to the questions:

Based on the psychological condition depicted:

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(i) Identify the mental condition shown in the image and describe the two symptom groups illustrated in the top panels.
(ii) Describe the symptom groups related to changes in thinking and physical reactions, as illustrated in the bottom panels.

Ans :

(i) The condition depicted is Post Traumatic Stress Disorder (PTSD).
   1. The condition illustrated is Post Traumatic Stress Disorder, a severe mental condition experienced by individuals unable to cope with memories of a past traumatic event.
   2. Intrusive memories involve frightening, unwanted memories or flashbacks of the trauma that repeatedly return, forcing the individual to distressingly relive the entire horrifying experience again.
   3. Avoidance is the strong tendency to completely stay away from specific places, people, or activities that act as painful reminders of the original traumatic incident.

(ii) The remaining symptom groups of this disorder include:
   1. Negative changes in thinking involve the individual developing highly pessimistic thoughts about themselves and others, often becoming completely overwhelmed by irrational fear, anger, and deep shame.
   2. Changes in mood are marked by the survivor carrying a painful guilt, feeling completely emotionally numb, and showing a total disinterest in activities they previously enjoyed.
   3. Changed physical reactions entail severe hypervigilance, where the individual experiences tremendous trouble sleeping, sweats far more than usual, breathes very rapidly, and suffers increased heartbeats.
   4. Changed emotional reactions involve immense difficulty in controlling sudden anger, resulting in aggressive outbursts, getting startled easily, and occasionally indulging in dangerous self-destructive behaviors.

164. Based on the storyboard provided below, answer the following questions:

Based on the catastrophic event depicted in the storyboard:
(i) Identify the type of event shown in the first panel that damages infrastructure and human lives in such overwhelming proportions.
(ii) Name the immediate psychological effect depicted by the villagers' confusion and disbelief in the first panel.
(iii) Discuss any five effects of such events on individuals, encompassing both immediate and short-term consequences.

Ans :

(i) The event depicted in the image is a natural disaster.
(ii) The immediate psychological effect depicted is disorientation and denial.
(iii) The catastrophic effects on individuals include the following:
   1. Victims frequently suffer severe physical and cognitive reactions, including increased blood pressure, profound exhaustion, a total lack of concentration, and the vivid, traumatic memory of the disaster.
   2. The calamity forces exposure to highly dangerous conditions, such as consuming contaminated water containing pathogenic bacteria and enduring extreme temperatures, which severely worsens their survival struggles.
   3. Access to essential services is completely stopped, preventing survivors from receiving critical healthcare or proper sanitation, which dramatically increases the immediate risk of widespread deadly diseases.
   4. Individuals experience immense psychological distress, resulting in overwhelming fear, chronic anxiety, profound grief, and severe trauma

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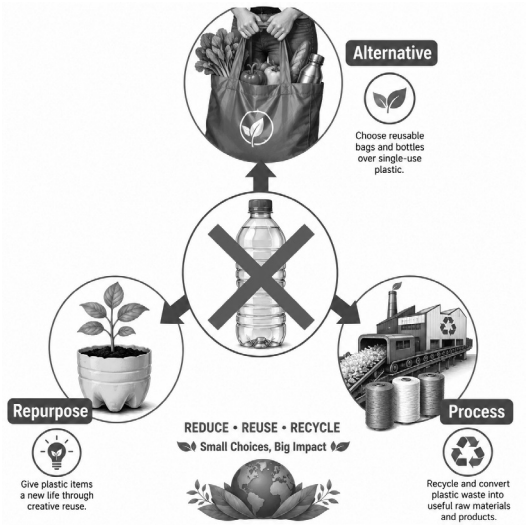
stemming directly from the terrifying experience and resulting losses.

5. Many survivors end up completely homeless due to the sudden destruction of their property, forcing them to relocate to unfamiliar cities where they live on pavements.

165. Examine the conceptual diagram illustrating waste management practices and respond to the questions:


Alternative
Choose reusable bags and bottles over single-use plastic.
Repurpose
Give plastic items a new life through creative reuse.
REDUCE • REUSE • RECYCLE
Small Choices, Big Impact
Process
Recycle and convert plastic waste into useful raw materials and products.

Based on the environmental practices shown in the diagram:

(i) Identify the exact category of consumer goods, like the plastic bottle, that cannot be broken down by the natural environment.

(ii) Explain the significance of the framework depicted in the diagram for managing such goods.

(iii) Describe any four specific ways individuals can reduce this type of waste in their daily lives.

Ans :

(i) These are classified as non-biodegradable consumer goods.

(ii) The framework of reduce, reuse, and recycle is the most feasible way to manage these goods. It prevents their toxic accumulation on Earth, saving our wildlife and fragile ecosystems from permanent harm.

(iii) Individuals can reduce this waste through the following actions:

1. Individuals must actively avoid using disposable plastic bags, straws, and cutlery, deliberately choosing to carry and utilize their own reusable goods made of steel, glass, or cloth.
2. Consumers should carefully opt for natural, highly sustainable fibres like pure wool and cotton rather than purchasing synthetic ones, thereby reducing the harmful manufacturing of synthetic products.
3. People can creatively reuse existing products in entirely new ways, such as converting old glass jars for storage or utilizing broken plastic mugs as pots for plants.
4. Storage containers used in everyday household kitchens should be made strictly of glass or metal instead of relying heavily on disposable, environmentally damaging single-use plastic wraps.

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